



Recommended by  
Tieraona Low Dog, M.D.

CLINICALLY  
SHOWN  
Menopause  
Support†

## WHERE WILL YOUR PATIENT'S MENOPAUSE JOURNEY TAKE HER?

The symptoms of menopause can be disruptive. Based on decades of research, Equelle® has been specially formulated to work with the body to help ease menopausal symptoms.†

Equelle® has been clinically shown to:

- Help reduce the frequency of hot flashes associated with menopause†
- Relieve muscle discomfort associated with menopause†

Equelle offers a new option for an effective approach to menopause, so your patient can get back to living the next chapter of her journey.



Exclusively Available at  
**emerson**  
ECOLOGICS®

**equelle.com**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## A natural and effective approach to menopause

According to a 2015 JAMA report, up to 80% of women will experience vasomotor symptoms (VMS) during the menopausal transition.<sup>1</sup> The most common menopausal symptoms include hot flashes, changes in monthly cycles, mood swings, insomnia, and loss of libido as hormone levels fluctuate. Between 40% and 50% of women in Western countries currently use complementary therapies to manage menopausal symptoms.<sup>2</sup> A recent Gallup Study of Menopause Management study showed there are approximately 21.3 million women who are either “Searching for Relief” or “Coping Naturally”.<sup>3</sup>



## What is S-equol?

### What is S-equol?

S-equol is a metabolite of the soy isoflavone daidzein, derived from a patented fermentation process of non-GMO soy germ. S-equol is naturally produced in the intestinal tract of some people—mostly, those of Asian descent—(China, Japan, Taiwan) following the ingestion of soy-based products, such as soy milk, tofu, and tempeh.

### Why is S-equol important?

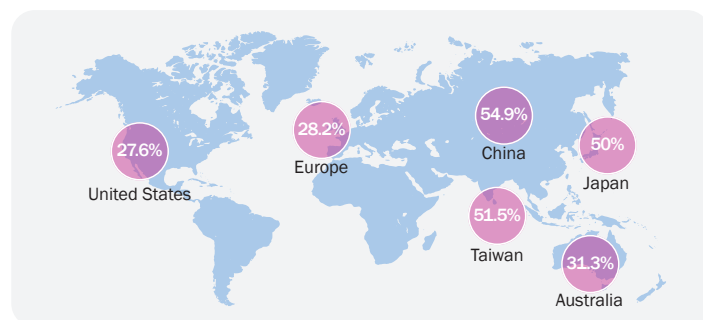
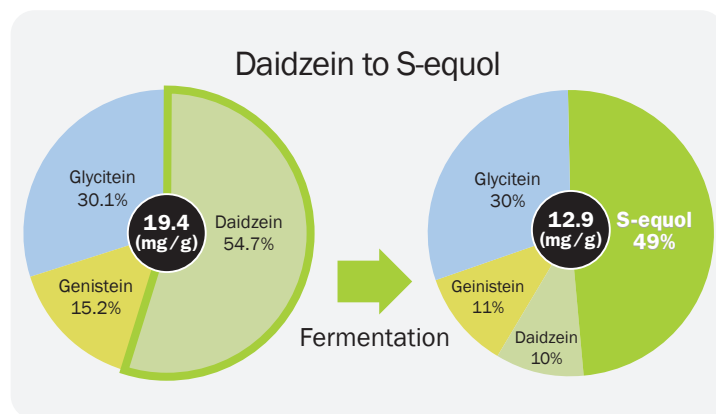
Recent research has indicated that S-equol is one of the active metabolites responsible for some of the physiological activity of soy isoflavones.

Studies show the benefits of S-equol use in menopause management.<sup>†</sup> Supplements containing S-equol are under development, and testing in humans is ongoing for the management of menopausal symptoms, including the reduction in the frequency of hot flashes as well as muscle discomfort.<sup>†</sup>

Clinical evidence suggests that S-equol may help alleviate symptoms associated with menopause. The majority of women, particularly in the United States, do not produce S-equol naturally.

*Not everyone can produce S-equol after eating soy - about 50% of Asians and 20%-30% of North Americans and Europeans, who in general consume less soy than Asians, have the ability to produce S-equol.<sup>4, 5</sup>*

### Isoflavones within Soy



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1. JAMA Intern Med. 2015;175(4):531-539. doi:10.1001/jamainternmed.2014.8063; 2. JAMA. 2016;315(23):2554-2563. doi:10.1001/jama.2016.8012 Use of Plant-Based Therapies and Menopausal Symptoms A Systematic Review and Meta-analysis Oscar H. Franco, MD, PhD1; Rajiv Chowdhury, MD, PhD2; Jenna Troup, MSc1; et al 3. The 2015 Gallup Study of Menopause Management Multi-sponsor Surveys, Inc. 4. Atkinson C, et al. Demographic, anthropometric, and lifestyle factors and dietary intakes in relation to daidzein-metabolizing phenotypes among premenopausal women in the United States. Am J Clin Nutr 2008;87:679-687. 5. Setchell KD, et al. Method of defining equol-producer status and its frequency among vegetarians. J Nutr 2006;136:2188-93.

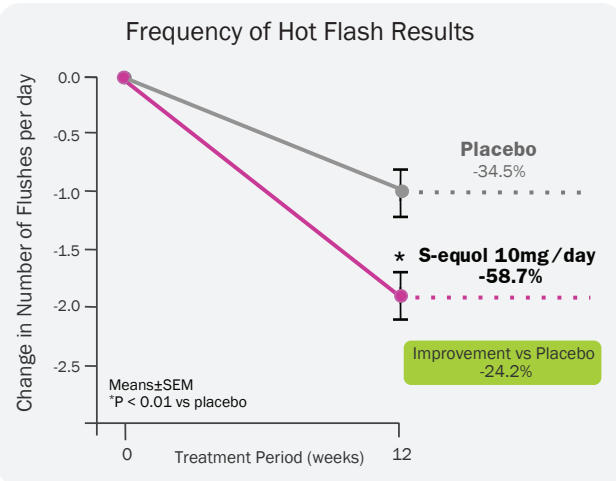


## Decreases in menopause symptoms reported by women after taking S-equol†

Clinical studies show symptom relief in 4 weeks with best results in 8-12 weeks, including:<sup>6</sup>

- Reducing frequency of hot flashes associated with menopause†
- Relieving the muscle discomfort associated with menopause†

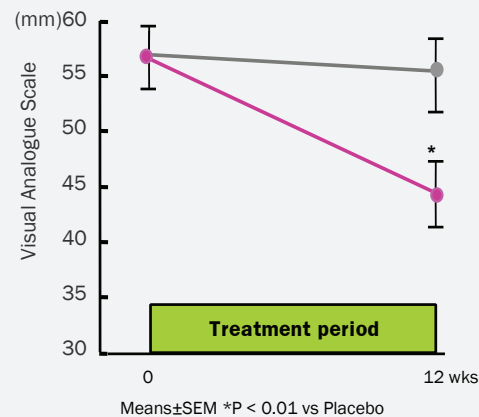
### S-equol reduces the frequency of hot flashes



Women taking a daily oral dose of 10mg of S-equol reduced frequency of hot flashes by 58.7% after 12 weeks of treatment, significantly more than the 34.5% reduction experienced in women receiving a placebo.<sup>6</sup>

### S-equol improves muscle discomfort

#### Muscle Stiffness of the Neck and Shoulder Results



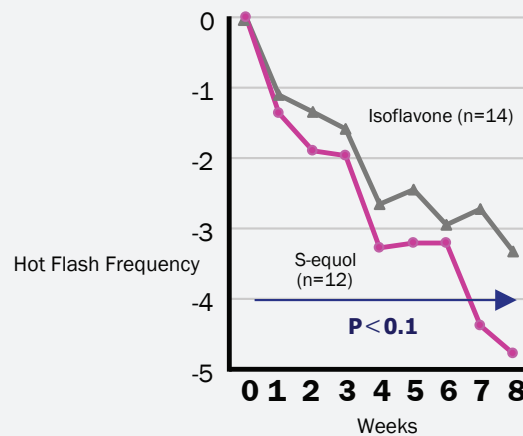
Women receiving S-equol 10mg/day had statistically significant improvements in the severity of their neck or shoulder muscle stiffness scores compared to those in the placebo group.<sup>6</sup>

### Effects of S-equol Compared to Soy Isoflavones on Menopausal Hot Flash Frequency

Women taking a daily dose of 10mg of S-equol had fewer hot flashes than women taking a daily dose of 50mg of Isoflavone.<sup>7</sup>



#### S-equol 10mg/day vs Isoflavone



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6. A Natural S-equol Supplement Alleviates Hot Flushes and Other Menopausal Symptoms in Equol Non-Producing Postmenopausal Japanese Women. Aso, et al. J Women's Health (2012)

7. A Pilot Study on the Effects of S-equol Compared to Soy Isoflavones on Menopausal Hot Flash Frequency and Other Menopausal Symptoms. Jenks, et al. J Women's Health (2012).

## Clinically-Shown Menopause Support<sup>†</sup>

### Features and benefits of Equelle®:

- Helps reduce the frequency of hot flashes associated with menopause<sup>†</sup>
- Relieves muscle discomfort associated with menopause<sup>†</sup>
- Provides benefits in 4 weeks, with best results in 8-12 weeks<sup>1</sup>
- Each tablet contains 5mg of S-equol.\* The suggested use of 1 tablet taken twice daily provides the standardized dose of 10mg of S-equol per day\*
- Gluten Free & Dairy Free, Non-GMO
- No magnesium stearate or talc



### Supplement Facts

Serving Size 1 Tablet

	Amount per Tablet	% DV
Total Carbohydrate	less than 1g	<1%*
Sodium	5 mg	<1%
S-equol (Fermented Soy Germ)	5 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet

\*\* Daily Value (DV) not established



60 tablets  
(30-day supply)

*“I’m delighted that clinicians now have the opportunity to recommend Equelle as a part of a total approach in the management of menopause.”*

*—Tiernona Low Dog, M.D.*



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### Take your Practice Well Beyond!

Equelle is available for your patients through wellelate<sup>SM</sup>, your trusted online patient dispensary, brought to you by Emerson Ecologics.

With wellelate<sup>SM</sup> as your online platform your patients can access and order your professional-grade vitamin and supplement recommendations at any time, from any device.

Getting started is simple. Sign up today at  
[wellelate.me/equelle](https://wellelate.me/equelle)

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1. A Natural S-equol Supplement Alleviates Hot Flushes and Other Menopausal Symptoms in Equol Non-Producing Postmenopausal Japanese Women. Aso, et al. J Women's Health (2012). \* Active component.