



NATURE'S SUNSHINE

Equolibrum™

Vegan

Non-GMO

GOOD FOR

Prostate

Urinary System

Male Reproductive System

SIZE **60 Capsules**

ITEM # **3542**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 VegCap twice daily. Best results seen after 3-6 months of use.

— How the Key Ingredients Work

Equolibrum™ is built around equol — a remarkable compound your body can actually use right away, no conversion needed. Together, these carefully chosen ingredients work with your body's own systems to help you feel balanced, comfortable, and supported every day.

Equol (S-Equol, Proprietary) — Equol is a plant-derived compound that acts like a gentle, natural estrogen in the body — similar in shape to the estrogen your body makes, but much milder. Studies show it can help ease hot flashes in postmenopausal women, support healthy hormone balance, and even help manage the effects of DHT, a hormone linked to prostate concerns. Only about 30–50% of Westerners naturally produce equol from soy foods, so supplementing directly means everyone can benefit. It has been reviewed in clinical research as one of the most promising natural options for both women's menopausal comfort and men's prostate wellness.

Equol — Menopause Comfort Support — For women navigating menopause, equol has been studied in multiple clinical trials and a published meta-analysis confirmed it can meaningfully reduce hot flash scores — especially for women who don't naturally produce equol on their own. It works by gently interacting with estrogen receptors in the body, helping to smooth out some of the hormonal ups and downs that make this life stage feel so uncomfortable.

Equol — Estrogen Balance — Equol is what researchers call a selective estrogen receptor modulator from nature. It has a particular affinity for a type of estrogen receptor that helps the body respond to hormonal signals in a balanced way. Because it's non-steroidal, it offers a gentler approach to supporting estrogen balance than synthetic options, and it has been specifically studied for its role in healthy bone turnover and hormonal wellness in postmenopausal women.

Equol — Prostate Wellness — For men, equol offers a unique benefit: it can directly bind to DHT, a hormone that, in excess, is associated with prostate enlargement and discomfort. By helping to keep DHT in check, equol supports a healthy prostate and has been highlighted in a 2019 authoritative nutraceutical review as showing real clinical benefit for men dealing with BPH-related symptoms, alongside other well-known natural compounds.

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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. For educational purposes only.

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