



her life STAGES™



From PMS to Postmenopause: Help for Your Common Concerns

If you've ever experienced breast tenderness, or hot flashes, or unwanted and unexpected weight gain, you're not alone. These are common issues for women, and yet the normal chapters of life and transitions behind these often-frustrating concerns are rarely discussed openly. Solaray, one of the original pioneers in supplement health and wellness, hopes to change that, and wants to ensure all women get the information and support they need.

Women's Life Phases 101

Women typically move through four distinct life stages: menstruation, perimenopause, menopause, and postmenopause. But keep in mind that every woman is unique, and you may not experience all the common issues of each phase on the timeline outlined here.

For most women, the menstrual stage lasts until around age 40. Though not all women experience PMS and menstrual symptoms in the week leading up to and during their period, many do, from feelings of discomfort to changes in mood and energy.

The next phase is typically perimenopause, or the transitional time before menopause usually between the ages of 40 and 52. You may still have your period but also begin to experience hot flashes and night sweats, as well as notice other changes.

Menopause occurs when you've gone a year without a period. For most, this happens at about age 52. Common menopausal symptoms can last five-plus years, and include hot flashes and night sweats, difficulty sleeping, mood shifts, and weight gain, particularly around the midsection.

After menopause has occurred, you're in postmenopause for the rest of your life. Menopausal symptoms eventually cease but new issues arise, such as concerns about cognition. You may also experience loss of libido in this stage, as well as at other stages.

Introducing Solaray her life STAGES™

Solaray's new first-of-its-kind, doctor-formulated her life STAGES line offers comprehensive solutions for every stage, plus libido support across phases. The formulas feature clinically studied ingredients, so you can rest assured you're getting powerful and effective support—without soy or hormones. Plus, all STAGES products are lab-verified, vegan, and gluten-free.

- **PMS & Menstrual** delivers support for a healthy cycle and menstrual discomfort, specifically to help ease breast tenderness, plus energy and mood.^{†*}
- **Perimenopause** continues offering cycle and mood support but also supports perimenopausal hot flashes and night sweats, as well as sound sleep.^{†**}
- **Menopause** provides support for menopausal hot flashes and night sweats along with sleep—plus mood and energy to help you get through the day.^{†*} It's also designed to support weight loss and a healthy overall body composition.*
- **Postmenopause** is there to support any lingering hot flashes and night sweats, as well as mood, sleep, and weight.^{†*} And, it's formulated to support cognitive function and performance.*
- **Libido** isn't designed for a life stage, rather for the loss of drive that can happen across phases. It can be taken with any other STAGES product and is intended to help encourage the right mindset for intimacy and to support enhanced arousal, sexual satisfaction, and natural lubrication.*



[†]As experienced in conjunction with a normal, healthy period.

^{*}As experienced in conjunction with perimenopause and menopause.

^{**}These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.