

Women experiencing peri-menopause, menopause and post-menopause can have symptoms of different hormonal imbalances even if their hormone levels are adequate. This may be due to a change in how the cells of the body "listen" to hormones. In most cases this results in some degree of hormone resistance. It is similar to the insulin resistance we see in some people. The goal is to improve how the body responds to hormones.

EstroMend™ improves the body's response to estrogens. ProgestoMend™ improves the body's response to progesterone. TestoGain™ improves the body's response to testosterone. If there is an excess of testosterone and other androgens (about 8% of women) TestoQuench™ for Women balances that excess.

Use the numbers from the Menopause Type® Questionnaire to choose which formulations are right for you. Depending upon your Menopause Type® you may need one, two or three

E		P		T		A
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Choose **EstroMend™** if:

Your **E** score is 50 or higher.

Choose **ProgestoMend™** if:

Your **P** score is 50 or higher.

Choose **TestoGain™** if:

- Your **T** score is 50 or higher, **AND**
- Your **A** score is 20 or less

Choose **TestoQuench™ for Women** if:

- Your **A** score is 60 or higher, **AND**
- Your **T** score is 20 or less

If T score and A score do not meet the above criteria, wait to choose either one.

The questionnaire can be taken again after using EstroMend™ &/or ProgestoMend™ for two months or longer.

Based on which formulations you need, you can discover your Menopause Type® by using the chart of the back of this brochure.

Consult with your healthcare professional for further assistance.

Menopause Types®	Normal Testosterone	Low Testosterone	High Testosterone
Adequate Estrogen & Adequate Progesterone	Type 1	Type 2 TestoGain™	Type 3 TestoQuench™ for Women
Deficient Estrogen & Adequate Progesterone	Type 4 EstroMend™	Type 5 EstroMend™ TestoGain™	Type 6 EstroMend™ TestoQuench™ for Women
Adequate Estrogen & Deficient Progesterone	Type 7 ProgestoMend™	Type 8 ProgestoMend™ TestoGain™	Type 9 ProgestoMend™ TestoQuench™ for Women
Deficient Estrogen & Deficient Progesterone	Type 10 EstroMend™ ProgestoMend™	Type 11 EstroMend™ ProgestoMend™ TestoGain™	Type 12 EstroMend™ ProgestoMend™ TestoQuench™ for Women

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The Menopause Type® Questionnaire is in the book *Discover Your Menopause Type* by Joseph J. Collins, RN, ND. © 1995–2013 Joseph J. Collins & Your Hormones Inc. EstroMend™, ProgestoMend™, TestoGain™ and TestoQuench™ for Women are trademarks of Douglas Laboratories. Used by permission. Menopause Type® is a federally registered trademark. Your Hormones Inc. 2626 12th Ave SW, Cedar Rapids IA 52404. 319-390-4535

On-line version: www.YourHormones.com

Women... do you have...

- ♦ Hot Flashes
- ♦ Night Sweats
- ♦ Insomnia
- ♦ Mood Swings
- ♦ Anxiety or Irritability
- ♦ Fatigue
- ♦ Decreased Libido
- ♦ Difficulty Concentrating
- ♦ Weight Gain
- ♦ Depression
- ♦ Poor memory
- ♦ More Aches & Pains
- ♦ Thinning Hair
- ♦ Dry Skin
- ♦ New Facial Hair
- ♦ Sugar Intolerance
- ♦ Headaches
- ♦ New Allergies

Please complete this questionnaire and discuss your symptoms with your healthcare provider.

your hormones.com