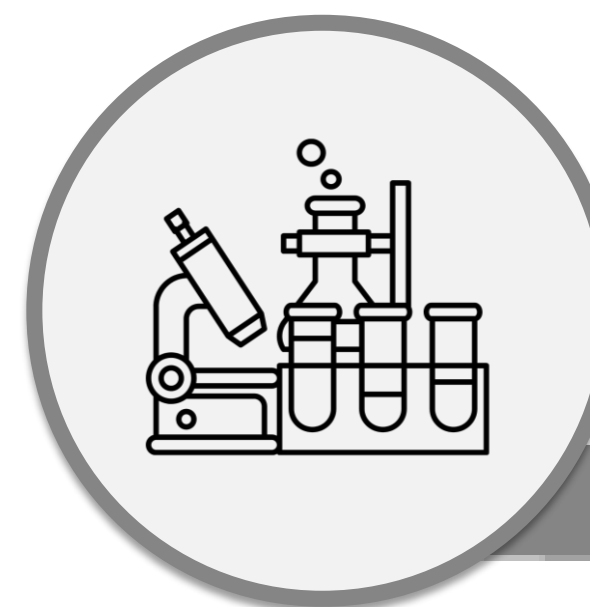


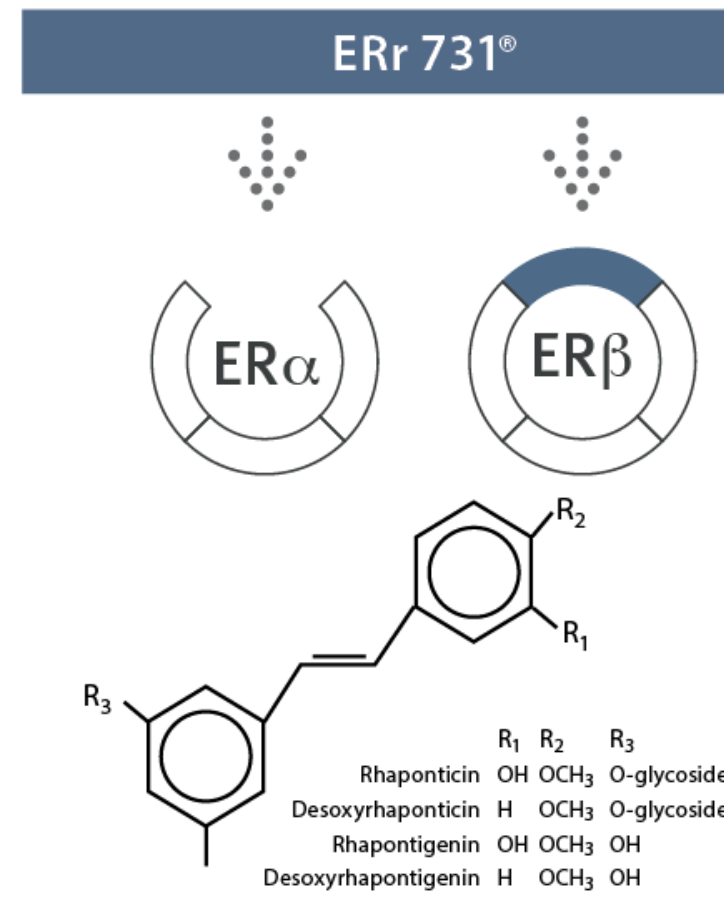
# Investigating the Effectiveness of Estrovera®: Insights from a Patient Satisfaction Survey on Menopausal Symptom Relief

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## Background: What is in Estrovera?

Estrovera contains ERr 731®, a nonestrogen, hormone-free, standardized extract from the root of *Rheum raphaniticum* L. (4 mg/tablet). Its active constituents exhibit specific estrogen receptor (ER)-β agonistic activity and a lack of ER-α affinity in endometrial and breast tissues.<sup>1,2</sup>



## Objective: To hear from patients directly

This patient survey was conducted to gather insights because women using Estrovera might not revisit the recommending practitioner, leading to a lack of feedback on the product's efficacy.

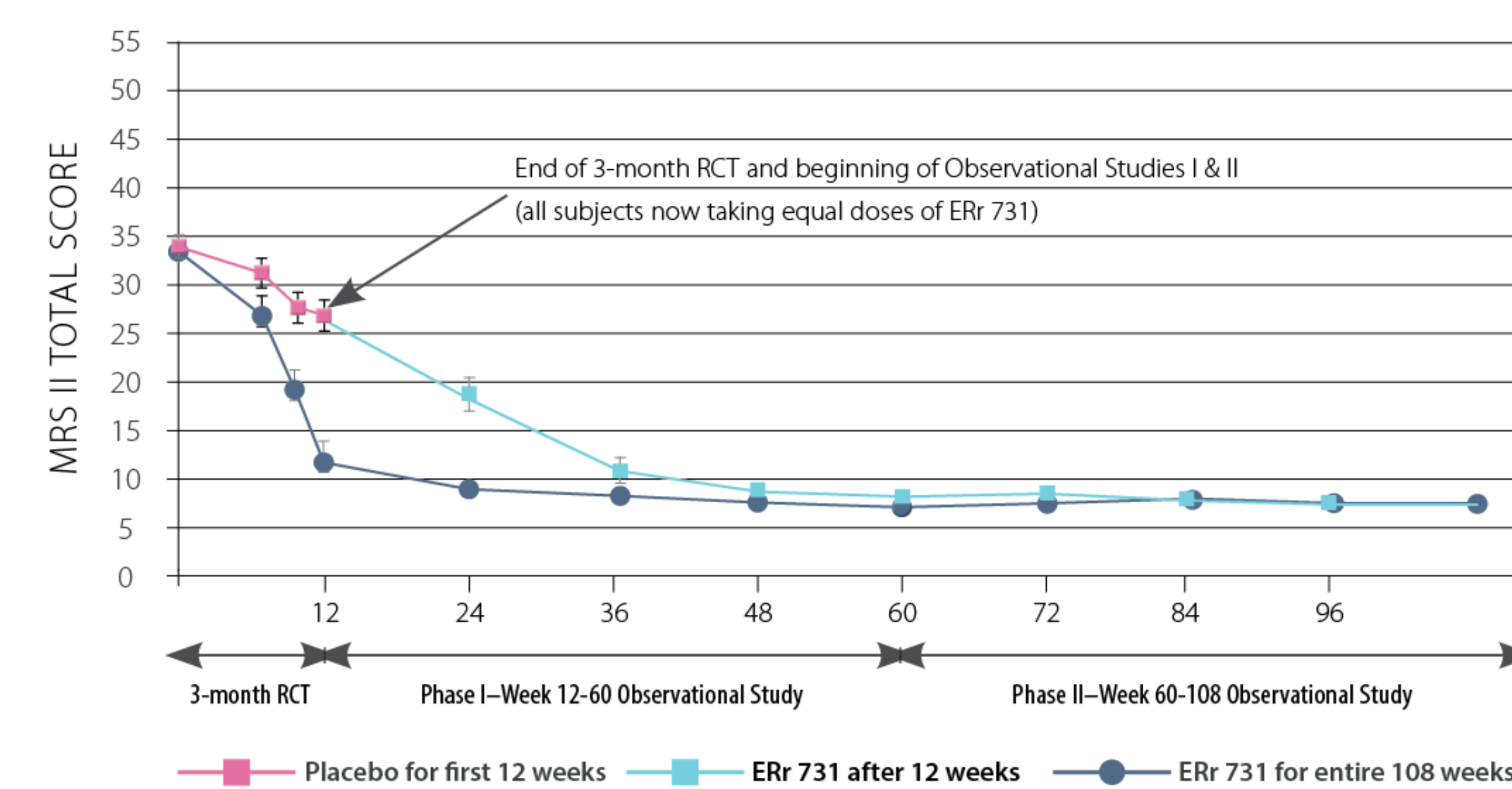
## Survey design

- Demographic: women who purchased Estrovera from July 2022 to January 2023 and had been using it for 90+ days
- March-April 2023, 7,600 patients received survey emails, 424 responded
- Participation incentive: 10% discount on future Estrovera purchase
- Survey data reviewed and validated by Metagenics regulatory teams in May 2023

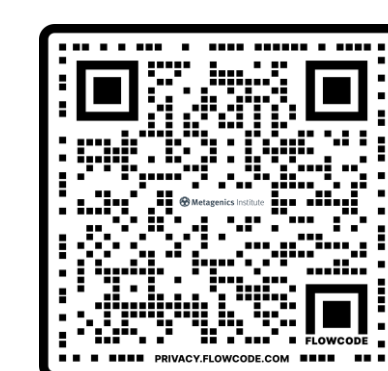
## Background: What have researchers found?

In clinical trials, ERr 731 significantly alleviates the most common menopausal symptoms (vasomotor symptoms, mood swings, sleep disturbances, and urogenital complaints), including reducing hot flashes from a median of 12 to 2 per day in 12 weeks.<sup>3-6\*</sup>

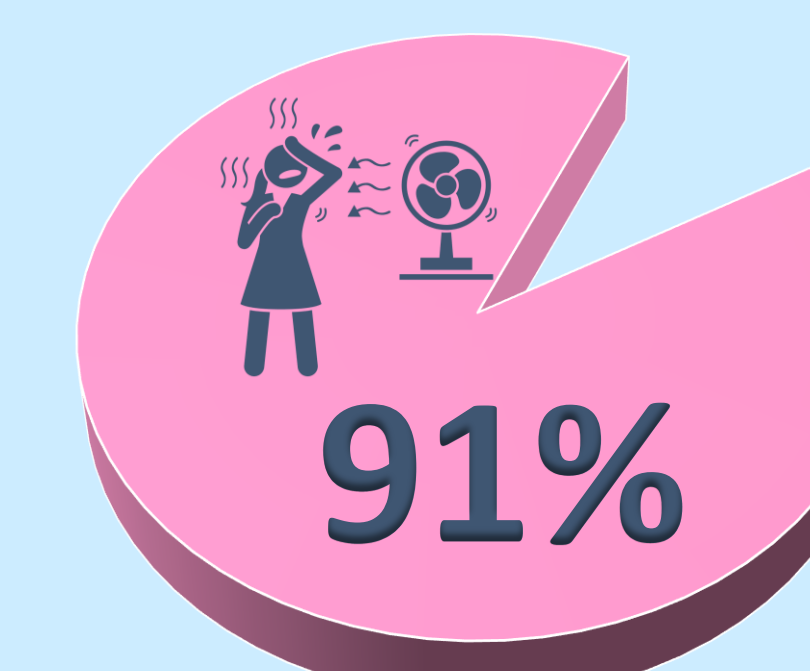
Two-year post-RCT observation shows a sustained alleviation of all 11 individual symptoms of Menopause Rating Scale (MRS) II, with excellent long-term safety data.<sup>7\*</sup>



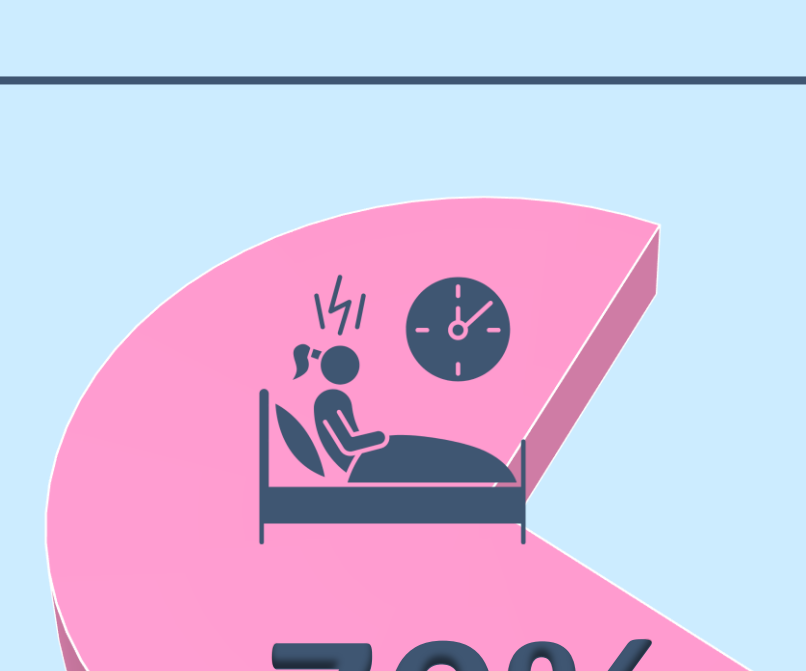
Download a PDF report summarizing published clinical trials of ERr 731 on your phone:



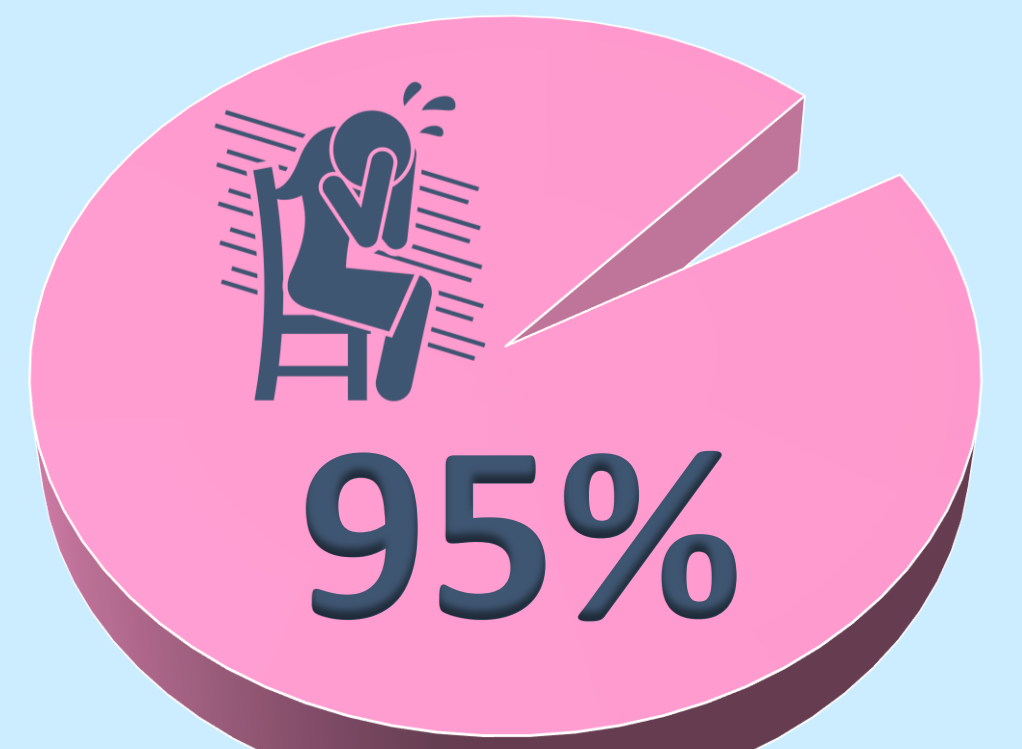
## Survey findings



Experiencing improvements in hot flashes\*



Reporting a reduction in sleep disturbances\*



Noticing improvements in their mood\*

From bench to bedside, the patient survey results align with the previous ERr 731 clinical trials, further substantiating Estrovera's effectiveness in alleviating menopausal symptoms.\*

\*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.

## References

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2. Keller AM et al. *J Steroid Biochem Mol Biol.* 2012;128(1-2):62-68.
3. Heger M et al. *Menopause.* 2006;13(5):744-759.
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