

The "Pause" Journey

From perimenopause to menopause to postmenopause, the "pause" journey isn't just one thing – it's a whole-body transition that marks a natural and HOPEful narrative of a woman's life.

When you get the right nutrients in the right forms working synergistically, you don't just help manage your most immediate symptoms – you also create a body of strength, resiliency, and incredible health.

The HOPE system is a combination of three powerful products that focus not only on helping to manage the symptoms women experience in their "pause" journey, but also give life and HOPE to the foundations of long-term health and vibrancy.



HOPE helps address common menopause symptoms that may lead to:

- | | |
|--------------------------|------------------------------|
| ☺ Optimal Mood | Fewer Hot Flashes 🧴 |
| 🧠 Optimal Brain Function | Fewer Joint & Muscle Aches 🦴 |
| 💤 Optimal Sleep | Fewer Night Sweats 🌫 |
| 🌀 Optimal Digestion | Fewer Mood Changes 😊 |
| 🏃 Optimal Energy | Fewer Weight Issues 🏋 |

"Every stage in your life holds the potential for deeper **Harmony, Optimism, Power, and Energy.**

That's why we created HOPE - so you can feel as radiant as you truly are, inside and out."

Michelle Wallach
Youngevity Co-Founder

For more information, contact:

Manufactured in the U.S.A. for:

YOUNGEVITY®

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HOPE

The Complete Women's Health System



REJUVENATE, REWIND, RESTORE

#USYG70006

- Promotes Healthy Aging[†]
- Supports Cellular Protection[†]
- Supports Cellular Resilience[†]
- May Help Manage Cellular Stress[†]



Key Ingredients:

- **Fisetin:** Supports removal of dysfunctional cells to maintain health[†]
- **Quercetin:** Helps to neutralize damaging free radicals that accelerate aging[†]
- **B-Vitamins:** Co-factors needed for DNA repair, metabolism, longevity
- **D-Ribose:** Fuel for cellular energy production

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV*
Riboflavin	1.3 mg	100%
Niacin	10 mg	63%
Copper (as copper gluconate)	1 mg	111%
Fisetin (<i>Cotinus coggygria Scop</i>) (stem and leaf)	300 mg	**
Quercetin Dihydrate (<i>Sophora japonica</i>) (flower bud)	150 mg	**
D-Ribose	100 mg	**
Coenzyme Q10	50 mg	**
BioPerine® Black Pepper Extract (<i>Piper nigrum</i>) (fruit)	5 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other ingredients: Hypromellose, microcrystalline cellulose, magnesium stearate, silicon dioxide.

BioPerine® is a registered trademark of Sabinsa Corporation.

Non-GMO | 3rd Party Tested
GMP Certified | Researched Dosed

LIFE BALANCE Menopause Support

#USYG70005

- Addresses Menopause Symptoms[†]
- Promotes Healthy Metabolism[†]
- Supports Stress Relief[†]
- Supports Healthy Inflammatory Response[†]



Key Ingredients

- **Menofelis® Siberian Rhubarb:** Clinically shown to support menopause symptom relief[†]
- **Ashwagandha:** Supports hormonal and nervous system adaptation and resiliency[†]
- **Berberine:** Supports blood sugar, insulin, and inflammation management[†]
- **Chaste Tree Berry:** Supports hormonal balance and manages mood health[†]

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin D (as cholecalciferol)	30 mcg (1200 IU)	150%
Vitamin K (as menaquinone)	10 mcg	8%
Thiamin (as thiamine HCl)	2.4 mg	200%
Riboflavin (as riboflavin sodium phosphate)	2.6 mg	200%
Vitamin B6 (as pyridoxine HCl)	3.4 mg	200%
Folate (as folic acid)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	4.8 mcg	200%
Biotin	30 mcg	100%
Calcium (as calcium carbonate)	50 mg	4%
Magnesium (as magnesium citrate)	12 mg	3%
Selenium (as selenium glycinate)	50 mcg	91%
Chromium (as chromium picolinate)	200 mcg	571%
Potassium (as potassium citrate)	43 mg	1%
Rhodiola Rosea Extract (root) (std. 1% rosavins, 3% salidroside)	100 mg	**
Chaste Tree Berry Extract (4:1) (<i>Vitex agnus-castus</i>) (fruit)	100 mg	**
Berberine HCL (<i>Berberine aristata</i>) (root)	100 mg	**
Ashwagandha Extract (<i>Withania somnifera</i>) (root and aerial parts) (std. 1.5% withanolides)	100 mg	**
Alpha Lipoic Acid	100 mg	**
Cinnamon Bark Powder (<i>Cinnamomum cassia</i>) (bark)	50 mg	**
Menofelis® Rhapontic Rhubarb Root Extract (<i>Rheum raphaniticum</i>) (root)	4 mg	**

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** Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hypromellose, magnesium stearate, silicon dioxide.

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No Hormones | GMP Certified
3rd Party Tested | Clinically & Research-backed

Women's Probiotic COMPLETE

#USYG70007

- Promotes Healthy Digestion[†]
- Supports Healthy Vaginal Flora[†]
- Promotes Optimal Immune Function[†]



Key Features

- **16** unique probiotic strains
- **35 Billion CFU's**
- **Clinically dosed strains** specific to women's health
- Combination of **probiotic and prebiotic** elements

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

	Amount Per Serving	%DV*
Proprietary Menopause Probiotic Blend	250 mg	*
Total Probiotic Cultures	35 Billion CFU	
Lactobacillus acidophilus (La-14)		
Lactobacillus plantarum (Lp-115)		
Lactobacillus rhamnosus (HN001)		
Lactobacillus paracasei (Lpc-37)		
Lactobacillus casei (Lc-11)		
Lactobacillus rhamnosus (GG)		
Lactobacillus rhamnosus (Lr-32)		
Lactobacillus reuteri (1E1)		
Lactobacillus brevis (Lbr-35)		
Lactobacillus gasseri (Lg-36)		
Lactobacillus bulgaricus (Lb-87)		
Bifidobacterium lactis (HN019)		
Bifidobacterium breve (Bb-18)		
Bifidobacterium infantis (Bi-26)		
Bifidobacterium longum (Bi-05)		
Bifidobacterium bifidum (Bb-06)		
FOS (Fructo-Oligosaccharides)	50 mg	*

* Daily Value (DV) not established.

Other ingredients: Vegetarian delayed-release capsule (hypromellose, gellan gum, and water), microcrystalline cellulose, magnesium stearate, and silicon dioxide.

Gluten/Soy/Dairy Free | No Refrigeration Required
3rd Party Tested | Clinically Supported