Menopause Support

PROTOCOL PACK

HORMONE BALANCE • ENERGY • MOOD • VITALITY

PROTOCOL OVERVIEW

The Menopause Support Protocol Pack is designed to help you navigate perimenopause and menopause with greater ease and vitality. It combines targeted nutritional support, adaptogenic nutrients, and detoxification support to promote hormone balance, improve energy and sleep, support mood and mental clarity, and enhance overall well-being during this transformative stage of life.

KEY BENEFITS

- ✓ Supports healthy hormone balance and a smoother transition
- ✓ Helps reduce hot flashes, night sweats and mood swings
- ✓ Promotes better sleep, energy and mental clarity
- ✓ Aids healthy weight management and metabolism
- ✓ Supports bone, heart and cognitive health

WHAT'S INCLUDED



MenoGel: Menopause Relief Topical Gel
Targeted topical support for menopause symptoms and hormonal balance.



NeuroBalance Pro
Supports stress resilience, better sleep and mental clarity.



Berberine Pro
Supports metabolism, blood sugar balance and insulin sensitivity.



Optimal Multi Pro
Foundational nutrient support for energy, immunity and well-being.



Nano Ionic Iodine
Supports thyroid function, metabolism and hormonal balance.



Nano-Ionic Multi w/Silica (Full Spectrum Minerals)
Trace minerals and silica for hormone balance, bone health, hair, skin and nails.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
MenoGel (topical gel)	2 pumps							Apply to inner arms, thighs or abdomen.
NeuroBalance Pro (homeopathic spray)	2 sprays						2 sprays	Under the tongue.
Berberine Pro		1-2 capsules		1-2 capsules		1-2 capsules		Take with meals.
Optimal Multi Pro		3 capsules						Take with breakfast.
Nano Ionic Iodine		30 drops						In water, with breakfast.
Nano-Ionic Multi w/Silica (Full Spectrum Minerals)		30 drops						In water, with breakfast.

PROTOCOL NOTES

- Use consistently and long term for ongoing support.
- Avoid stimulants like caffeine and minimize sugar, as they can worsen hot flashes, mood swings and sleep disturbances.
- Eat a nutrient-dense, whole-food diet rich in healthy fats, fiber and protein.
- Incorporate regular movement, stress management and quality sleep.
- Use clean, non-toxic personal care and household products to support hormone balance.

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*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. Consult the product label for full ingredient and usage information.