

Women's HRT

Feel Like Yourself Again

Bioidentical hormones to replace what declines in perimenopause and menopause. Your provider matches the formula to your symptoms and labs.

AVAILABLE AS

- Estradiol cream 2 or 4 mg/mL + Progesterone caps up to 200 mg
- Estradiol / Testosterone cream 2/1 or 4/2 mg/mL + Progesterone
- Progesterone caps alone • Testosterone cream 1 or 2 mg/mL
- Vaginal estradiol cream 2 mg/mL • 90-day supplies

MAY HELP WITH

- ✓ Hot flashes and night sweats
- ✓ Libido and vaginal comfort
- ✓ Sleep and mood
- ✓ Bone health and energy

POSSIBLE SIDE EFFECTS

- Breast tenderness
- Spotting or bleeding changes
- Bloating or headache
- Drowsiness (progesterone — take at night)

NOT FOR YOU IF

- History of breast or uterine cancer
- History of blood clots, stroke or heart attack
- Unexplained vaginal bleeding
- Active liver disease or pregnancy

Coach tip: If you have a uterus, estrogen is paired with progesterone to protect it.

INCLUDED IN EVERY RENU LONGEVITY PROGRAM

Provider

telehealth review

Coaching

regular check-ins

Evolt 360

body scans

Nutrition

& training plan

Ask your RenU coach →

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Educational only, not medical advice. Every prescription product requires an evaluation and prescription from a licensed healthcare provider, who decides if it is right for you and sets your dose. Compounded medications are prepared by licensed pharmacies and are not FDA-approved. Individual results vary.