

Immunotec®

She+

Frequently Asked Questions

1. **What is She+?**
She+ is a **menopause support supplement** designed for women experiencing the changes of perimenopause and menopause.* Its multi-ingredient formula features **Black Cohosh, Red Clover, and Ginger Extract** in a convenient daily jelly stick. Rather than focusing on just one part of the menopause experience, She+ provides support across areas including **hot flashes, sleep, mood, energy, and digestive wellness.***

2. **What does She+ help with during menopause?**
Menopause can show up in more ways than one. She+ is formulated to provide **multi-symptom menopause support,** including support for **hot flashes, sleep, mood, daily energy, and digestive wellness.*** Think of it as support for the bigger menopause experience, not just the symptom everyone talks about.

3. **Can I take She+ during perimenopause?**
She+ is designed to support women through the **menopause transition, including perimenopause.*** Perimenopause is the stage leading up to menopause, when hormone levels can become less predictable and women may begin noticing changes in their menstrual cycle, temperature regulation, sleep, mood, energy, and other areas. If you're unsure whether the changes you're experiencing are related to perimenopause, talk with your healthcare provider.

4. **Is She+ a hormone replacement therapy?**
No. She+ does not contain hormones and is not a hormone replacement therapy (HRT). It is a dietary supplement formulated with botanical ingredients, including Black Cohosh Extract, Red Clover, and Ginger Extract, to provide support during the menopause transition.* **If you are using HRT or other medications, consult your healthcare professional before adding She+ or any other dietary supplement to your routine.**

INGREDIENTS

5. **What ingredients are in She+?**
She+ combines key botanical ingredients selected to support women during the menopause transition.* **Black Cohosh** provides targeted menopause support, including support for hot flashes.* **Red Clover** naturally contains isoflavones, plant compounds known as phytoestrogens, and supports women's wellness during hormonal transitions.* **Ginger Extract** has a long history of use for digestive comfort and general wellbeing.* Together, they create a more comprehensive approach to everyday menopause support.*

6. **What is Black Cohosh and why is it used for menopause?**
Black Cohosh is a botanical commonly used in women's health supplements and has a long history of use for **menopause support, including hot flashes.*** That's why you'll often see Black Cohosh in menopausal formulas. In She+, it's part of a broader combination of ingredients designed to support multiple aspects of the menopause experience.*

7. **What is Red Clover and what are phytoestrogens?**
Red Clover is a plant that naturally contains compounds called **isoflavones.** Isoflavones are a type of **phytoestrogen,** which means they are naturally occurring plant compounds with structural similarities to estrogen. Red Clover is included in She+ as part of its approach to supporting women's wellness during hormonal transitions.*

8. **Does She+ help with hot flashes?**
She+ is formulated to provide **hot flash support during menopause.*** Its formula includes Black Cohosh, a botanical commonly associated with menopause and hot flash support.* And because menopause isn't just about feeling suddenly very, very warm, She+ was designed with a broader multi-symptom approach.*

9. **Can She+ support sleep during menopause?**
She+ is designed to support **sleep as part of the menopause experience.*** In a 30-day consumer product experience, **78% of participating women reported improvement in sleep disruptions.** Sleep changes during perimenopause and menopause can have different causes, so persistent or significant sleep problems are worth discussing with your healthcare provider.

10. **Can people with gluten intolerance consume She+?**
Yes! She+ is gluten-free, making it a suitable option for individuals who need to avoid gluten. As always, Immunotec recommends reviewing the product label and consulting your healthcare professional if you have any questions or concerns.

USING SHE+

11. **How long does it take to notice a difference with She+?**
Everyone's experience is different. In a 30-day consumer product experience, **59% of participating women reported noticing changes within the first week, while 95% reported noticing changes in their symptoms during the study period.** Consistency matters, so She+ is designed to fit easily into your daily routine.

12. **Is She+ a pill or capsule?**
Neither, and that's exactly what makes it different! She+ comes in a **convenient, portable apple-cranberry flavored jelly stick,** designed to be taken once a day. **No mixing or preparation required,** just open, enjoy, and go about your day. Follow the instructions on the product label for recommended use. **No giant capsules or complicated routines!**

13. **Does She+ contain added sugar?**
She+ has **no added sugar** and is also made without artificial colors. The formula is **gluten-free, dairy-free, and soy-free,** making it a clean and convenient addition to a daily menopause wellness routine.

14. **Can I take more than one She+ jelly stick per day?**
She+ is designed to be taken **once daily.** Follow the recommended use on the product label and do not exceed the recommended serving unless directed by your healthcare provider.

15. **What time of day should I take She+?**
She+ is designed to fit easily into your daily routine. There is no need to mix it or prepare it, so choose a time of day that makes it easy to remember your daily stick. For the recommended use and any specific timing guidance, follow the product label.

16. **Can someone with diabetes take She+?**
She+ contains **no added sugar.** However, no added sugar does not necessarily mean zero carbohydrate, so people with diabetes or specific dietary needs should review the Nutrition Facts and speak with their healthcare provider before adding She+ to their routine.

17. **Can I take She+ if I have cancer or am a cancer survivor?**
If you have cancer, have a history of cancer, are receiving cancer treatment, or are a cancer survivor, **talk with your healthcare provider before taking She+.** Your provider can consider your individual health history, treatment plan, medications, and other supplements before recommending whether She+ is appropriate for you.

18. **Is She+ only for women who have already reached menopause?**
No. Menopause is technically reached after **12 consecutive months without a menstrual period,** but the transition begins earlier during **perimenopause.** She+ is designed to support women through the menopause transition, so you don't necessarily have to wait until your periods have completely stopped to start thinking about menopause support.*

UNDERSTANDING THE MENOPAUSE TRANSITION

19. **What's the difference between perimenopause and menopause?**
Perimenopause is the transition leading up to menopause. During this time, hormone production can become less predictable, and women may begin experiencing changes in their menstrual cycles alongside symptoms such as hot flashes, sleep changes, mood changes, or brain fog. **Menopause** is reached after 12 consecutive months without a menstrual period. **Not sure where you fall?**
CTA: Take the Perimenopause + Menopause Check-In

ABOUT SHE+

20. **What makes She+ different from other menopause supplements?**
She+ combines **multi-symptom support, a botanical formula, and a modern jelly-stick format** in one daily product.* Instead of building the experience around another tablet or capsule, She+ was designed to feel like something women would actually want to make part of their routine. Because menopause support can be serious science without feeling like a medical cabinet.

21. **Can men consume She+?**
She+ is specifically formulated to **support women's wellness during perimenopause and menopause**. If a man occasionally consumes a She+ jelly stick, he may not necessarily experience any effects. However, its botanical ingredients, such as Black Cohosh and Red Clover, have primarily been studied in women during these stages. Therefore, **She+ is not designed or recommended for regular use by men**, as there are no studies supporting its use in the male population.

22. **Why does She+ come in a box of 20 jelly sticks instead of 30?**
She+ is designed to fit your lifestyle. Its convenient box of **20 individually packaged jelly sticks** offers practicality and flexibility for your daily routine. **Consistency is key!** That's why we also offer a **3-box bundle with 60 jelly sticks**, designed to provide approximately two months of use and help you maintain a consistent wellness routine.



*These statements describe the intended supportive role of She+ and consumer experience findings; individual experiences may vary.