

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

## Estrogen Kit Instructions

Instructions for the [Hormone Reset Estrogen Kit](#):

Indole-3-Carbinole: Take 1 capsule 1x daily

Meriva-500™: Take 1 capsule 2x daily

PolyResveratrol-SR®: Take 2 capsules 1x daily

These supplements can be taken either with or without food, though in most cases it is preferable to take with food to minimize any risk of stomach upset.

Please take until they run out!