

BALANCE

BY STRATAA



NATURAL
Ingredients

@STRATAINC.ORG

WOMENS HORMONE BALANCE



WELCOME TO THE STRATAA COLLECTIVE

MOOD

ENERGY



HORMONES

BALANCE by STRATAA

A Natural Approach to Women's Hormone Wellness

Welcome to the Strataa Collective.

Balance by Strataa is a clinically inspired, apothecary-rooted women's wellness formula created to support hormone balance, emotional wellbeing, and daily vitality using raw-sourced herbs and essential nutrients. This guide offers a clear and simple overview of what Balance is, how it works, and why so many women rely on it as part of their holistic wellness routine.

What Is Balance?

Balance is a natural hormone-support supplement formulated with a blend of traditional herbal ingredients and modern nutrient science. With roots in apothecary medicine, it is crafted to help women restore internal harmony without synthetic hormones or medications. Balance is recommended—not prescribed—making it accessible to all women seeking a holistic approach to wellbeing.

Key Benefits*

- Supports natural hormone balance
- Encourages cycle rhythm & comfort
- Promotes mood stability & emotional wellness
- Helps regulate stress response
- Supports energy, vitality, and mental clarity

**These benefits are based on traditional herbal use and emerging nutritional science.*

Ingredients

Balance contains raw-sourced, apothecary-grade ingredients including:

- Dong Quai Root – Traditionally used for cycle regulation and hormone balance
- Chasteberry – Supports progesterone balance and mood
- Bee Propolis & Royal Jelly – Antioxidant and immune-supportive properties
- Ashwagandha – Supports adrenal health, stress response, and emotional balance
- Vitamin B6 & B3 – Essential for mood, metabolic support, and hormonal pathways
- Vitamin K2 & D3 – Nutrient support for bone, immune, and metabolic health
- Magnesium – Helps with stress, sleep, and PMS-related discomfort

All ingredients are selected for purity, potency, and synergistic benefit.

Suggested Use

Take 2 capsules daily with food, or as recommended by your wellness provider. Consistency matters—herbal support works best when taken daily over time.

Who Is Balance For?

Women who experience:

- Mood swings or irritability
- PMS or irregular cycles
- Stress-related fatigue
- Sleep disturbances
- Perimenopausal symptoms
- Hormonal imbalance symptoms

Balance supports women across different life stages with gentle, natural regulation.

Safety Notes

- Not recommended for individuals under 18.
- Consult a healthcare provider before use if pregnant, breastfeeding, or taking medication.
- Discontinue use if discomfort or sensitivity occurs.

FDA Disclaimer:

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Thank You for Being Part of the Strataa Collective.

Your wellness journey is layered, intentional, and deeply personal. Balance by Strataa is here to support you every step of the way—naturally, gently, and holistically.

For more information, visit **stratainc.org**.