

**PROGESTERONE SUPPORT**

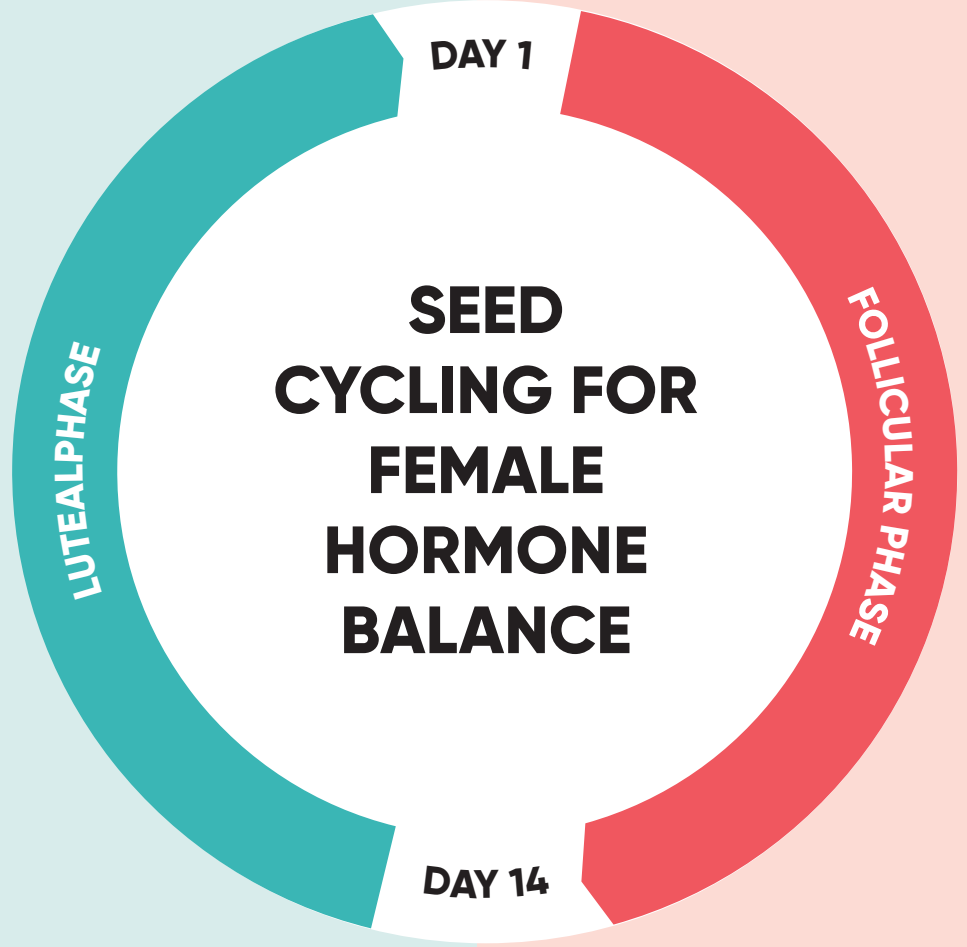
**CONSUME:**



1 TABLESPOON  
SESAME SEEDS  
DAILY



1 TABLESPOON  
SUNFLOWER SEEDS  
DAILY



**CONSUME:**



1 TABLESPOON  
FLAXSEEDS  
DAILY



1 TABLESPOON  
PUMPKIN SEEDS  
DAILY

**ESTROGEN REGULATION**