

Daily Hormone Essentials™

Women's Balancing Supplement

YOUNG LIVING®
ESSENTIAL OILS



Product Size: 30 × 1.67 fl. oz.
(49 mL) sachets
Item No: 49902

ABOUT

Say “hey” to your new hormone wingwoman.

Daily Hormone Essentials is a hormone-free women's hormonal health supplement that blends clinically studied botanicals, adaptogens, and essential oils into a fast-absorbing gel. It supports healthy energy, libido, mood, restful sleep, cortisol balance, and everyday stress management—while promoting comfort through hot flashes, night sweats, insomnia, and fatigue. All that without added sugar or the side effects of typical hormone therapy.*

Simply sip and feel like you again at every stage of life.*

DIRECTIONS

Take 1 sachet in the morning with food. The sachet can also be mixed with 6–8 ounces of hot water.

POWER OF YOUR PURCHASE

Your choice helps bring balance to yourself and the earth, while empowering girls in Ecuador.*

Daily Hormone Essentials contains Ylang Ylang from our farm in Ecuador, where we're helping young girls get a quality education at the Young Living Academy. Many of our students become the first in their families to graduate from high school, unlocking opportunities for themselves and their communities. We're also working to restore endangered orchids on this farm.

The Lavender and Clary Sage in this plant-based hormone supplement come from farms in France and Utah, where we use pollinator-friendly practices, intercropping, and even sheep for weeding to protect soil health and biodiversity. And our DeepSpectra® Frankincense^{2™} extract is made from upcycled plant material to reduce waste.

We're continuing to do our part by designing our sachets with sustainability in mind. Using less plastic helps reduce product waste compared to bulky tubs or bottles.

Feel balanced naturally. This clinically backed, plant-powered gel offers daily hormone support through PMS, perimenopause, and menopause—all in one easy, on-the-go pouch.*

BENEFITS AND FEATURES

- Helps support healthy mood and energy throughout the month*
- Promotes balanced cortisol levels and supports restful sleep*
- Supports comfort through hot flashes, night sweats, and hormonal transitions*
- Supports mental clarity, memory, and cognitive function*

SUGGESTED USES

Squeeze straight from the sachet or stir into warm water for fast-absorbing hormone support, anytime, anywhere.*

CAUTIONS

Keep out of reach of children. Not for use by individuals under 18 years of age. If you are taking medication or have a medical condition, consult a health care professional prior to use. Not intended for use during pregnancy or nursing. Food supplements should not be used as a substitute for a varied diet. Do not exceed the recommended daily dose.

CLINICAL STUDIES

The herbal complex in Daily Hormone Essentials is clinically shown to:

- Promote comfort through menopausal transition, including hot flashes, numbness and tingling, insomnia, nervousness, vertigo, fatigue, joint discomfort, and vaginal dryness*
- Lead to a 62% improvement in KMI (Kupperman Menopausal Index) score compared to placebo*
- Deliver results with none of the side effects of typical hormone therapy*

*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.



KEY INGREDIENTS

Herbal complex

Your hormone's BFF. A clinically studied blend of red giant angelica (*Angelica gigas*), silk plant (*Cynanchum wilfordii*), and fireweed (*Phlomis umbrosa*) that promotes comfort through menopause's curveballs—hot flashes, night sweats, insomnia, vaginal dryness, fatigue, and more—while supporting a healthy mood throughout the month. All without the side effects of typical hormone therapy.*

Chaste tree berry

Keeps the roller coaster in check. This period sidekick offers support for hormonal balance and common PMS symptoms.*

Ashwagandha

The chill-out root. This adaptogen helps support restful sleep, balanced cortisol, mental clarity, and healthy everyday stress management.*

Maca root

The all-in adaptogen. Maca root is often used to support reproductive health and provide comfort through menopause. Some research also suggests that it may help support mood and ease everyday stress.*

Frankincense

Ancient wisdom meets modern extraction. Our patents-pending DeepSpectra® technology uses Frankincense essential oil to unlock powerful compounds from the resin, studied for their potential to support women's hormonal health and natural hormone balance.*

Magnesium glycinate

The mellow mineral. This highly bioavailable form of magnesium supports restful sleep, relaxed muscles, and a chill nervous system when you need it most.*

Travel-friendly sachets

No bulky tubs or hard-to-swallow pills. Just one powerful, vanilla-flavored gel packed into easy grab-and-go sachets that use less plastic.

Supplement Facts		
Serving Size 1.67 fl. oz. (49 mL)		
Servings Per Packet 1		
Amount Per Serving		% DV*
Magnesium (as Magnesium glycinate)	11 mg	2.60%
Proprietary Herbal Blend	1394 mg	**
Herbal complex [Giant angelica (<i>Angelica gigas</i>) root extract, Sok-dan (<i>Phlomis umbrosa</i>) root extract, Wilford's cynanchum (<i>Cynanchum wilfordii</i>) root extract], Maca (<i>Lepidium meyenii</i>) root extract, Ashwagandha (<i>Withania somnifera</i>) root extract, Chaste tree (<i>Vitex agnus-castus</i>) berry extract		
Proprietary Daily Hormone Oil Blend	2 mg	**
DeepSpectra® Frankincense™ blend† [Frankincense (<i>Boswellia carterii</i>) resin oil, Frankincense (<i>Boswellia sacra</i>) resin powder], Davana (<i>Artemisia pallens</i>) flower oil†, Lavender (<i>Lavandula angustifolia</i>) flowering parts oil†, Ylang ylang (<i>Cananga odorata</i>) flower oil†, Fennel (<i>Foeniculum vulgare</i>) seed oil†, Clary sage (<i>Salvia sclarea</i>) flower tops oil†		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		
**Daily Value (DV) is not established.		

INGREDIENTS

Purified water, Herbal Complex [Giant Angelica (*Angelica gigas*) root extract, Sok-dan (*Phlomis umbrosa*) root extract, Wilford's Cynanchum (*Cynanchum wilfordii*) root extract], Maca (*Lepidium meyenii*) root extract, Ashwagandha (*Withania somnifera*) root extract, Citric acid, Magnesium (as magnesium glycinate), Guar gum, Natural masking flavor, Natural vanilla flavor, Rowanberry (*Sorbus aucuparia*) fruit extract, Xanthan gum, Chaste tree (*Vitex agnus-castus*) berry extract, Monk fruit extract, Natural caramel flavor, Natural sweetener Reb M, Daily Hormone oil blend [[Deep Spectra Frank2 blend† [Frankincense (*Boswellia carterii*) resin oil, Frankincense (*Boswellia sacra*) resin powder], Davana (*Artemisia pallens*) flower oil†, Lavender (*Lavandula angustifolia*) flowering parts oil†, Ylang Ylang (*Cananga odorata*) flower oil†, Fennel (*Foeniculum vulgare*) seed oil†, Clary sage (*Salvia sclarea*) flowering tops oil†]

†Premium essential oil

FORMULATED WITH	FORMULATED WITHOUT
✓ Giant angelica root extract	✗ Hormones
✓ Wilford's cynanchum root extract	✗ Added sugars
✓ Sok-dan root extracts	✗ Artificial colors
✓ Maca root	✗ Artificial sweeteners
✓ Chaste tree berry	✗ Artificial preservatives
✓ Ashwagandha	
✓ Magnesium glycinate	
✓ DeepSpectra® Frankincense™ extract	
✓ Clary Sage, Davana, Fennel, Lavender, and Ylang Ylang essential oils	

Daily Hormone Essentials™

Women's Balancing Supplement



WHY YOU NEED DAILY HORMONE ESSENTIALS

Hormonal changes are a natural part of life, but that doesn't mean they're easy. Whether it's PMS, perimenopause, or menopause, shifts in estrogen and progesterone can lead to mood swings, low energy, brain fog, hot flashes, and other not-so-fun symptoms.

That's where Daily Hormone Essentials comes in. This hormone-free, plant-powered supplement gives you daily support through all three stages of your hormonal journey. It blends clinically studied herbal extracts, adaptogens, and essential oils into one fast-absorbing gel—no pills, powders, or added hormones needed.*

Clinically backed botanical support

At the heart of our formula is a herbal complex shown in three randomized, double-blind, and placebo-controlled clinical studies to promote comfort through hormonal transitions.* One of these studies showed it helped with these 12 common symptoms:

- Hot flashes
- Numbness and tingling
- Insomnia
- Nervousness
- Mood dips
- Vertigo
- Fatigue
- Joint discomfort
- Headaches
- Pounding heart
- Crawling skin sensation
- Vaginal dryness

Adaptogens and your hormones*

Daily Hormone Essentials also contains two adaptogens: ashwagandha and maca root. Adaptogens are plants that support your body's ability to respond to everyday stress in a healthy way. They work by supporting balanced levels of cortisol, your main stress hormone.*

Here's why that matters: When you're stressed, your body turns on the HPA (hypothalamic-pituitary-adrenal) axis—your fight-or-flight system. That's helpful short term, but if stress sticks around, this system stays on and keeps pumping out cortisol. Too much cortisol can throw off your reproductive axis and lead to potential suppression of your gonadotropin-releasing hormone (necessary for balancing estrogen, progesterone, and testosterone), which in turn lowers the production of the luteinizing hormone you need to ovulate and have a menstrual cycle.

Chronic stress doesn't just mess with your hormones though; it can also lower your sex drive. And when that happens, you can end up feeling even more stressed!

That's why adaptogens like ashwagandha are so beneficial. They support balanced cortisol levels, thereby also helping maintain healthy hormone balance and maybe even helping you feel more in the mood.*

In fact, a 2015 study showed that the same form of ashwagandha we use in Daily Hormone Essentials and our PowerGize® herbal supplement supports healthy sexual function.* If you take both of these products daily as directed, you will reach the daily dosage of ashwagandha that was used in this promising study.

With Daily Hormone Essentials, you get support for balanced hormones and cortisol, healthy energy levels, and libido—all in one easy drink!

PAIRS WELL WITH



PowerGize® herbal supplement
Item No. 4748



Thyromin™ capsules
Item No. 3246



CortiStop® capsules
Item No. 3275



FemiGen™ capsules
Item No. 3206

*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.

