



900GM FEM21

A great option if you're having a higher dose of 2 scoops per day or sharing it with someone in your household. Typically lasts 3 months if one person is having the standard dose of 1 scoop per day.

300GM FEM21

For balancing your hormones naturally. Contains 21 ingredients specific for women's health. Supports liver and digestive cleansing, greens to alkalise the body, adrenal health and energy, thyroid health and metabolism.

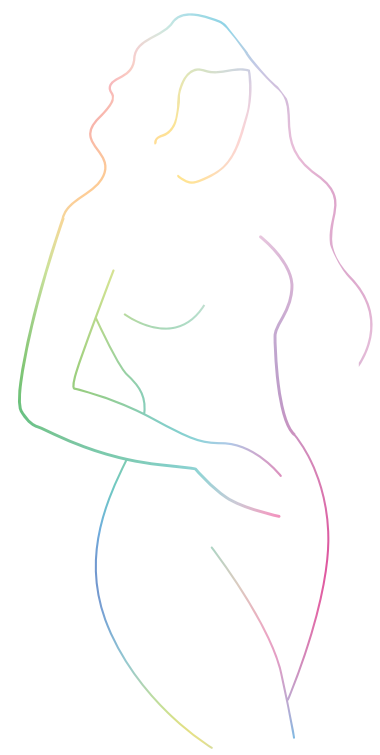


300GM ECO REFILL

Your 300g supply comes in a brown recycled paper bag. Keep your empty container and scoop to simply add your refill of Fem21. Well done for doing your little bit for the environment.

SUBSCRIBE & SAVE
Join the Fem21 Sisterhood
for 21% off your orders

*option available only in the online shop



Fem21™

**A BLEND OF RICH GREENS,
SUPERFOODS, HERBS AND
ANTIOXIDANTS TO SUPPORT
YOUR BODY TO BE ITS BEST**

Fem21's unique formulation supports healthy oestrogen metabolism and promotes progesterone production, while addressing the function of the entire endocrine system including adrenal glands, thyroid and ovaries.

The liver and digestive cleansing herbs, probiotics and fibre keep everything running efficiently, from the elimination of toxins, to the absorption of nutrients while supporting a healthy gut and microbiome.

The alkalising greens and superfoods provide a variety of powerful nutrients to boost your energy, control inflammation and reduce oxidative stress.

Please note: Fem21 is not recommended during pregnancy, breastfeeding or while using medications including contraceptives (unless under professional guidance).

fem21.com   



Fem21 is proudly 100% Australian made and female owned
1 Koala Street Parkwood, Qld. 4214 Australia



restore the balance



**IMPROVE YOUR
ENERGY, MOODS &
VITALITY WITH FEM21**

**THE SUPERFOOD
BLEND FOR WOMEN
WHO WANT TO BALANCE
THEIR HORMONES
NATURALLY**

Naturally designed to help
• BALANCE HORMONES
• CLEANSE THE LIVER & DIGESTIVE SYSTEM
• ALKALISE THE BODY

MADE FROM 21 NATURAL
INGREDIENTS. YOUR GUIDE
TO WHAT'S INSIDE FEM21.

Fem21™

<p>1: Psyllium (seed husks) Insoluble fibre for healthy bowels.</p>	<p>8: Siberian Ginseng (root) Supports adrenal health for sustained energy</p>	<p>15: Raspberry (fruit & seed) Regulates blood sugar, good source of fibre</p>
<p>2: Milk Thistle (seed powder) Nourishes & supports cleansing of the liver</p>	<p>9: Barley Grass (sprout) Alkalisising greens rich in chlorophyll</p>	<p>16: Pomegranate (fruit & seed) Rich in antioxidants, anti-inflammatory</p>
<p>3: Slippery Elm (inner bark) Soluble fibre, calming on the bowels</p>	<p>10: Wheatgrass (sprout) Alkalisising greens rich in chlorophyll</p>	<p>17: Dandelion Root Powder (root) For healthy liver detoxification</p>
<p>4: Licorice (root) Supports adrenal health for healthy energy & stress response</p>	<p>11: Rosemary (leaves) Supports liver health and excess oestrogen clearance</p>	<p>18: Bladderwrack (frond) Source of iodine for thyroid health</p>
<p>5: Multi Strain Lactobacillus* Good bacteria for a healthy microbiome</p>	<p>12: Lemon (whole fruit including peel) Promotes healthy digestive enzymes</p>	<p>19: Cinnamon (bark) Regulates blood sugar levels</p>
<p>6: Withania (root) aka Ashwaganda Tonifying for the adrenals</p>	<p>13: Broccoli powder (whole plant - not sprout) Rich in antioxidants and supports excess oestrogen metabolism</p>	<p>20: Stevia (leaf) To naturally balance the bitterness of the herbs</p>
<p>7: Chaste Tree (berry) Promotes progesterone balance</p>	<p>14: Ginger (root) Digestive stimulant and supports circulation</p>	<p>21: Black Cohosh (root) To modulate oestrogen levels.</p>

GLUTEN FREE
 DAIRY FREE
 SOY FREE
 SUGAR FREE
 VEGAN
 NO FILLERS

HERBS • SUPERFOODS • ANTIOXIDANTS • PROBIOTICS • FIBRE • GREENS

For full information on ingredients and doses please see our website: fem21.com/pages/nutritional-panel

I KNOW WHAT IT'S LIKE WHEN UNBALANCED HORMONES ARE IMPACTING YOUR LIFE...

Like many women I see in my practice, I started taking the pill in my early 20s to manage my skin, my irregular cycles, and for contraception.

I had a strong response to the synthetic hormones and quickly spiralled into depression and anxiety. When I came off the pill, I went straight into 'baby-making mode', then dealt with miscarriage and threatened pregnancy losses through my first trimesters with my children.

After having my daughters and going back to work, I found myself adrenally exhausted, constantly bloated, and my skin was terrible, I was always breaking out in cystic acne. Ironically, I was working as a Naturopath in a natural fertility clinic - immersed in women's health and hormones - but I was ignoring my own issues.

One day, I woke up and decided enough was enough.

I started working on a herbal formulation that combined what I was recommending in my practice for women's hormonal issues - testing it on myself along the way.

I noticed my moods and energy improve, my skin cleared, and the bloating was completely gone. Then I took it to my patients and watched them have amazing results like*:

- REGULAR, EASY AND PAIN FREE PERIODS
- BETTER BOWEL FUNCTION
- IMPROVED FERTILITY
- STRONGER LIBIDO
- AN EASING OF MENOPAUSAL SYMPTOMS
- REDUCTION IN HEADACHES
- A REDUCTION IN PMS
- IMPROVED SLEEP
- RESOLUTION OF ACNE & BREAKOUTS
- LESS ANXIETY AND BETTER MOODS

I created Fem21 because I want women like you and me to feel calm, clear and revitalised no matter what phase of our life.

See what could be possible for you at fem21.com

with gratitude

MEAH ROBERTSON BHSc. (Nat)
Naturopath and creator of Fem21



DOSAGE ADVICE

Under 15 years old or if weight is below 50kg
½ scoop per day
is generally advised for younger teens

50-90kg weight range
1 scoop per day
is generally advised

90kg and above
2 scoops per day
1 in the morning and 1 in the afternoon for women if their weight is above 90kg

A higher dose of 2 scoops per day
is also recommended from ovulation until the start of a period if working on oestrogen dominance.

A cycled dose of 1 scoop per day for 2 weeks followed by 2 scoops per day for 2 weeks
can be useful if currently experiencing amenorrhoea. This can be synced with the moon cycle.

Fem21 can be taken at any time of the day or at night before bed, it's also not necessary to be consumed with food.

*Please discuss use with a health practitioner for your individual circumstances.



SMOOTHIE RECIPE

INGREDIENTS

- 1 handful of spinach
- 1 scoop of Fem21
- 1 banana
- 1/2 cup of mixed frozen berries
- 1 tablespoon of flaxseeds (linseeds)
- 1 tablespoon nut butter (ABC spread or peanut)
- 1/4 teaspoon cinnamon powder
- 1.5 cups of almond milk or coconut water
- ¼ cup of ice

Optional extras

- 1/4 of an avocado
- 2 tablespoons of natural protein powder
- 1 tablespoon of seeds: chia or hemp

METHOD

Add all ingredients into a blender and combine until smooth and creamy. Add more liquid to thin it out to your desired consistency. Drink straight away as will thicken up the longer you leave it.

Opt for Organic ingredients when available