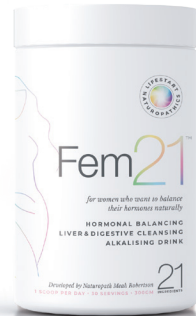


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Join the Fem21 Sisterhood
for 21% off your orders

*option available only in the
online shop



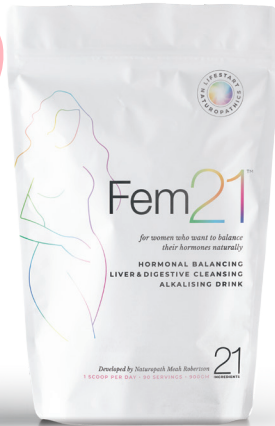
300GM FEM21

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



15 X SACHETS (150GM)

Sachets are the perfect accompaniment to
your regular supply of Fem21 at home.
For gals on the go!



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 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.



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 alkalisng 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   

restore the balance

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



Fem21™

*for women who want to balance
their hormones naturally*

**HORMONAL BALANCING
LIVER & DIGESTIVE CLEANSING
ALKALISING DRINK**

Developed by *Naturopath Meah Robertson*
1 SCOOP PER DAY • 30 SERVINGS • 300GM
INGREDIENTS



Fem21 is proudly 100% Australian made and female owned

1 Koala Street Parkwood, Qld. 4214 Australia

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

YOUR GUIDE TO
WHAT'S INSIDE

Fem21™

MADE FROM 21 NATURAL INGREDIENTS



GLUTEN FREE



DAIRY FREE



SOY FREE



SUGAR FREE



VEGAN



NO FILLERS

<p>PSYLLIUM HUSKS Insoluble fibre for regular bowels.</p>	<p>SIBERIAN GINSENG* Adrenal stress, energy and adaptation.</p>	<p>RASPBERRY Antioxidant, fibre, liver and alkalising.</p>
<p>MILK THISTLE Liver support, detoxification and antioxidant.</p>	<p>BARLEY GRASS* Alkalisng greens, rich in chlorophyll and antioxidant.</p>	<p>POMEGRANATE Oestrogen balancer and antioxidant.</p>
<p>SLIPPERY ELM Soluble fibre for calming an irritated GIT</p>	<p>WHEATGRASS* Alkalisng greens, rich in chlorophyll and antioxidant.</p>	<p>DANDELION* Liver support, digestive aid and detoxification.</p>
<p>LICORICE Adrenal stress, energy and adaptation.</p>	<p>ROSEMARY* Liver, hormone regulator and antioxidant.</p>	<p>BLADDERWRACK* Thyroid health and metabolism.</p>
<p>MULTI STRAIN PROBIOTICS* For digestive flora and immunity.</p>	<p>LEMON Alkalisng, liver cleansing and digestive aid.</p>	<p>CINNAMON* Blood sugar balance and insulin control.</p>
<p>WITHANIA* Thyroid and adrenal balance.</p>	<p>BROCCOLI POWDER Oestrogen metaboliser and supplies 1-3-C (Indole-3-Carbinol)</p>	<p>STEVIA* Natural sweetener and low G.I.</p>
<p>CHASTE BERRY Progesterone, ovarian and dopamine regulator.</p>	<p>GINGER* Anti-inflammatory and circulation.</p>	<p>BLACK COHOSH Oestrogen balance and metabolism.</p>

HERBS • SUPERFOODS • ANTIOXIDANTS • PROBIOTICS • FIBRE • GREENS

*ORGANIC INGREDIENTS

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 BSc. (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