



Natural + Safe + Proven

# TREATMENT INNOVATIONS IN WOMEN'S MENTAL HEALTH

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*For the emotional dysregulation of PMS PMDD, and menopause we turned first-line to the natural, broad spectrum B vitamin coenzymes and mineral cofactor agent, EnBrace HR.”*

Andrew Farah, MD

*“Cyclic hormonal changes of the menstrual cycle causes fluctuations of serotonin levels leading to adverse symptomology.”*

-The Mayo Clinic -

## What is EnBrace HR?

EnBrace HR has been demonstrated as a safe and effective option designed to address the unique mental health needs of women of all ages including depression

### Clinically Proven

A clinical trial conducted at the Massachusetts General Hospital Center for Women’s Mental Health, in conjunction with Harvard University, shows the clinical effectiveness of EnBrace HR for the prevention and treatment of depression in women.

Annals of Clinical Psychiatry 2019

### EnBrace HR Helps with:

- Depressed Mood
- Apathy/Loss of interest
- Tension
- Anxiety/Worry
- Irritability
- Anger
- Hopelessness
- Sleep
- MTHFR

### Safe Ingredients

EnBrace HR contains natural ingredients that are safe to use even before, during, and after pregnancy. EnBrace HR is gluten-free, dairy-free, wheat-free, sugar-free, egg-free, with no artificial colorants.

### Dosing

The recommended dosing is (1) softgel in the morning, or as recommended by your healthcare provider.



To Order and For a Full List of Ingredients visit:  
[www.folatehealth.com](http://www.folatehealth.com)

985-629-5825