

WellMe MenoRescue Reviews - Should You Buy? Does It Work for Menopause Relief?



MenoRescue is a menopause relief supplement from WellMe [designed to help you escape the menopause roller coaster.](#)

By taking two capsules of the doctor-formulated supplement daily, you can purportedly support healthy hormone levels using a blend of handpicked ingredients based on Ivy League research.

Does MenoRescue really help with menopause? How does MenoRescue work? Keep reading to find out everything you need to know about WellMe's MenoRescue and its effects.

How MenoRescue Works

MenoRescue works by supporting healthy hormone levels.

When going through menopause, your body is experiencing significant hormonal changes. Estrogen and progesterone levels plummet, and cortisol levels rise starting in your late 40s. This can lead to noticeable symptoms of menopause.

MenoRescue is designed to help using natural ingredients. Each serving includes well-known ingredients like ashwagandha and green tea along with lesser-known ingredients like black cohosh and red clover.

Instead of injecting yourself with hormones or undergoing invasive menopause relief solutions, you can take two capsules of MenoRescue daily. The supplement is designed to support healthy hormone balance while also helping with energy, fat burning, body temperature, mood, heart health, joint health, sleep, and more.

[Try MenoRescue now and experience the difference!](#)

How MenoRescue Promotes Hormone Balance

MenoRescue promotes hormone balance via a two-step process:

First, MenoRescue promotes healthy cortisol levels to encourage a healthy balance of estrogen and progesterone. Cortisol, the stress hormone, causes imbalances across the rest of your hormones. Unfortunately, unhealthy cortisol levels make problems even worse over time. Your estrogen and progesterone levels are already declining in your late 40s. Cortisol makes it worse, putting you on an estrogen and progesterone roller coaster . MenoRescue uses a blend of natural ingredients to promote healthy cortisol levels and help restore balance to your hormones.

Second, MenoRescue gently supports the body's production of estrogen and progesterone. After promoting healthy cortisol levels, MenoRescue can make it easier for your body to balance estrogen and progesterone on its own. To encourage your body further, MenoRescue contains a blend of ingredients that can help your body produce its own estrogen and progesterone, making it easier to restore overall balance.

Because of these two effects, MenoRescue aims to provide a range of benefits – from defense against hot flashes to better fat burning and more.

Well Me. MENORESCUE INGREDIENTS FAQ [ORDER NOW](#)

Natural Ingredients
Easy to Take
Doctor Formulated



Well Me.
MenoRescue+
DOCTOR FORMULATED
DIETARY SUPPLEMENT 60 CAPSULES

It's time to escape the
Menopause Rollercoaster



If you're going through menopause and are struggling with unexplained weight gain,

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WellMe™ is not endorsed by, sponsored by, or affiliated with any of these organizations.

Support healthy hormone levels with MenoRescue™, formulated using the latest Ivy League research and backed by real-world results.

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MenoRescue Benefits

According to WellMe and MenoRescue.com, some of the benefits of MenoRescue include:

- Healthy body temperature
- Faster fat burning
- All-day energy
- Restful sleep
- Youthful brain function
- Healthy heart
- Flexible joints
- Support sex drive and libido
- Happy, care-free menopause overall

A balanced mood

[Get the benefits of MenoRescue today!](#)

MenoRescue Ingredients

MenoRescue contains a blend of plant, herbs, vitamins, minerals, nutrients, and other active ingredients linked to health and wellness.

Here are all of the active ingredients in MenoRescue and how they work, according to MenoRescue.com:

Hormone Support Blend

First, MenoRescue contains four ingredients to support the first phase of the formula: supporting your body's normal balance of cortisol. Cortisol, the stress hormone, is linked to weight gain, estrogen imbalance, and many menopause-like symptoms. High cortisol levels aren't good for you. MenoRescue contains four herbs and plants as part of its Hormone Support Blend, helping to support healthy cortisol levels:

Sensoril: One of the most important ingredients in MenoRescue is Sensoril, which is a proprietary type of ashwagandha designed for maximum purity and absorption. Sensoril contains a specific type of ashwagandha sourced from organic farms in India and Nepal.

Multiple studies show taking 125mg of Sensoril – the same dose in MenoRescue – is associated with better control of cortisol and

greater overall stress response. In fact, many people take ashwagandha daily on its own for stress relief, and ashwagandha is known for its adaptogenic effects. According to WellMe, the Sensoril in MenoRescue can boost energy, regulate mood, aid concentration, support restful sleep, increase muscle strength and stamina, reduce muscle soreness, support heart health, and promote joint pain relief, among other benefits.

Greenselect Phytosome: MenoRescue contains an ingredient called Greenselect Phytosome. It's a combination of decaffeinated green tea extract with a unique "phytosome" technology to boost absorption. Green tea is widely believed to be one of the world's healthiest beverages. It's rich with antioxidants linked to energy, weight loss, and overall health and wellness. According to WellMe, citing several clinical trials, green tea can also promote healthy cortisol levels and help you lose the dreaded "meno-belly."

Rhodiola Rosea: Rhodiola rosea, like ashwagandha (Sensoril) has a long history of use as an adaptogen in traditional medicine, including Ayurvedic medicine practiced across South Asia for centuries. Found in high altitude mountain ranges, Rhodiola rosea has been linked to a growing number of physical and cognitive effects. Studies show Rhodiola rosea can help with cognitive function, body temperature, energy, mood, muscle performance, circulation, joint comfort, and more.

Schisandra Berry: MenoRescue contains schisandra, which has a long history of use in traditional Chinese medicine, where it was used as a general wellness supplement. Today, we know schisandra berry likely works because it's rich with vitamin C, one of nature's best antioxidants. According to WellMe, schisandra is linked to specific menopause-fighting effects, including cognitive health, memory, mood, energy, muscle strength, and relief from hot flashes and night sweats, among other effects.

[Place your order today by clicking here before stock runs out! >>>](#)

Hormone Booster Blend

The other ingredients in MenoRescue are part of the Hormone Booster Blend. They're designed to boost levels of estrogen and progesterone. After the first four ingredients support healthy cortisol levels, the next ingredients boost hormones like estrogen and progesterone, helping you target symptoms of estrogen. This blend includes, according to WellMe, "the world's purest and most potent phytoestrogens." Phytoestrogens are plant-based chemicals that act similar to the estrogen produced by your body. You can boost estrogen without resorting to invasive solutions – like hormone injections. The five ingredients in MenoRescue's Hormone Booster Blend include:

Sage Leaf: Sage leaf is an evergreen shrub and member of the mint family believed to support estrogen and progesterone levels.

One 8 week study showed 300mg of sage leaf, the same dose in MenoRescue, promoted a healthy body temperature in a group of menopausal women. Sage leaf has a long history of use by traditional medicine practitioners around the world for a variety of ailments – including menopause.

Red Clover: Red clover is native to parts of Europe, western Asia, and Africa. The flowering plant is rich with natural chemicals called isoflavones. Studies show isoflavones have a similar chemical structure to estrogen. They're phytoestrogens that could help your body promote estrogen production without side effects. One 12-week study found 80mg of red clover – the same dose used in MenoRescue – led to a “remarkable difference” in the health and happiness of a group of menopausal women. Those women also reported a 50% reduction in menopause symptoms based on the Official Menopause Rating Scale (MRS), a set of 11 common menopause symptoms.

Black Cohosh: Black cohosh is native to North America, and indigenous people throughout the United States and Canada have used black cohosh for medicinal purposes for centuries. Today, growing research has connected black cohosh to menopause relief, including energy, mood, body temperature, sleep, and sex drive benefits, among other perks.

Chasteberry: Chasteberry, also known as vitex, Abraham's balm, or monk's pepper, is found in many menopause relief supplements because of its connection to progesterone. Some studies show chasteberry can support healthy progesterone levels, which could help with certain menopause symptoms. One 8 week study, for example, found a group of women experienced "significantly lower" intensity symptoms of menopause when taking chasteberry compared to a group of women taking a placebo.

BioPerine: BioPerine, or black pepper extract, can boost the absorption of other active ingredients in the formula. Many supplements contain black pepper extract specifically for absorption. Some studies have shown black pepper can boost the absorption of natural ingredients by up to 2,000%. That means fewer wasted ingredients – and maximum effectiveness for the formula you're paying for within MenoRescue.

WellMe has packaged all of these ingredients into a veggie capsule. You take two capsules daily for menopause relief.

[Shop now and get MenoRescue at the best price!](#)

Scientific Evidence for MenoRescue

Andrea Taylor and the team at WellMe cite dozens of studies validating the benefits of MenoRescue. Those studies have been published in *Menopause*, *Phytomedicine*, and *Gynecological Endocrinology*, among other peer-reviewed medical journals. Andrea also partnered with a doctor to create MenoRescue, giving the supplement added legitimacy. We'll review some of the science behind MenoRescue below.

Studies show a connection between cortisol and menopause. Women going through menopause tend to have higher cortisol levels. [One study](#) found hot flashes raise cortisol levels, for example, which can make menopause symptoms even worse. Cortisol has also been linked to weight gain.

Sage leaf has been studied specifically for its ability to relieve menopause. A [2011 study](#), for example, found taking 300mg of sage leaf can decrease the number of hot flashes. In that study, researchers gave sage leaf or a placebo to a group of women going through menopause. After taking sage leaf for 8 weeks, women in the group experienced a 64% drop in menopause symptoms compared to women in the placebo group. Sage leaf was particularly effective at reducing the intensity of hot flashes.

Ashwagandha is known for its ability to help with stress, but it can also help with menopause. A [2021 study](#), for example, found ashwagandha improved multiple symptoms of menopause.

Ashwagandha caused significant changes in estrogen, improved hot flash symptoms, and improved overall Menopause Rating Scale (MRS) scores in a group of 100 women over 8 weeks. Participants took 300mg of ashwagandha twice daily – the same dose in MenoRescue.

Green tea extract is found in many supplements – from weight loss aids to menopause formulas. Some studies have connected green tea specifically to weight loss. A 2018 study, for example, found green tea extract significantly improved cholesterol in menopausal women over a 4-week period. Women in that study took 400mg of green tea extract twice daily. Researchers believed the catechins, or natural antioxidants, in green tea helped with menopause relief.

Overall, WellMe has added nine of the world's most research-backed menopause relieving plants and herbs to the formula, using a blend of natural ingredients to support your body's natural defense against hot flashes, weight gain, mood changes, hormonal imbalances, and other symptoms of menopause.

[\[BEST DEAL\] Get MenoRescue for the best deal ever!](#)

MenoRescue Supplement Facts Label

WellMe is known for its transparent labeling and doctor-formulated blends, which is why it's easy to see exactly what's inside each two capsule serving of MenoRescue. WellMe doesn't hide individual doses with proprietary formulas, and the company discloses the specific concentrations of many active ingredients upfront, making it easy to compare MenoRescue to other menopause supplements sold online today.

Directions: As a dietary supplement, take 2 capsules daily with food, or as directed by your healthcare provider.

Warning: Not for use by children or pregnant or nursing women.

- Store tightly closed, dark & dry at room temperature
- Do not use if seal is broken.
- Keep out of reach of children.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

GreenSelect® is a registered trademark of Indena S.p.A., Italy
 Sensoil® is a registered trademark of Natreon, Inc.
 BIOPERINE® is a registered trademark of Sabinsa Corp.

Supplement Facts
 Serving Size 2 Capsules
 Servings Per Container 30

	Amount Per Serving	%DV*
Green tea phytosome (Green tea extract [<i>Camellia sinensis</i>] [leaf], decaffeinated/phospholipid complex from sunflower)	300 mg	*
Sage (leaf) powder	300 mg	*
Ashwagandha (root and leaf) extract (10% withanolides)	125 mg	*
Rhodiola powder (<i>Rhodiola crenulata</i>) (root)	100 mg	*
Schisandra (berry) powder	100 mg	*
Red-clover powder (flowering tops)	80 mg	*
Black cohosh powder (<i>Cimicifuga racemosa</i>) (root)	40 mg	*
Chastetree powder (<i>Vitex agnus-castus</i>) (fruit)	30 mg	*
Black pepper extract (fruits) (standardized to 95% Piperine) (standardized 50:1)	5 mg	*

* Daily Value (DV) not established.

Other ingredients: Hypromellose (vegetarian capsule), magnesium stearate, silicon dioxide.

Distributed by: WellMe, 1501 Ridgeview Drive
 McHenry, IL 60050 • 800-473-2115 • WellMe.com

Here's what you get inside each two capsule serving of WellMe's MenoRescue:

- 300mg of green tea phytosome with green tea leaf extract and a decaffeinated phospholipid complex from sunflower
- 300mg of sage leaf powder
- 125mg of ashwagandha root and leaf extract with 10% withanolides
- 100mg of Rhodiola rosea root powder
- 100mg of schisandra berry powder
- 80mg of red clover powder
- 40mg of black cohosh root powder

30mg of chastetree powder

5mg of black pepper extract (standardized to 95% piperine at a 50:1 ratio)

Other (inactive) ingredients, including hypromellose (to create the vegetarian capsule), magnesium stearate and silicon dioxide

MenoRescue is naturally gluten-free. The formula is also BPA-free, non-GMO, vegan, soy-free, dairy-free, nut-free, crustacean-free, and egg free. WellMe manufactures MenoRescue in the United States in an FDA-inspected, cGMP-compliant facility.

[\(LIMITED STOCK\) Click Here to Buy MenoRescue at a Special Discounted Price Today!](#)

MenoRescue Reviews: What Do Customers Say?

What can you expect to experience while taking MenoRescue?

What does the supplement do? How much weight can you lose?

People have had a range of experiences with MenoRescue.

Here are some of the reviews shared by verified purchasers on the official website:

One customer claims to have lost 13lbs so far with MenoRescue.

Other women claim they no longer wake up with hot flashes after taking MenoRescue, and they're sleeping better through the night overall.

Many woman have experienced significantly better energy levels after taking MenoRescue, finding it easier to get up in the morning and stay alert throughout the day.

Some women have noticed a visible improvement in their hair and skin after taking MenoRescue. One woman claims to have lost weight, improved the condition of her hair, and made her skin more supple and moisturized with MenoRescue, for example.

Some women have stopped experiencing mental fog after taking MenoRescue. One woman claims she "can think clearer" thanks to MenoRescue, for example. Others claim to have better cognitive energy all day long with MenoRescue.

Many women have experienced a significant improvement in temperature control after taking MenoRescue. One woman claims her "night sweats are completely gone" after taking MenoRescue, for example, while another woman claims she "no longer [has] those sudden hot flashes" at work after taking the supplement.

Other women report less facial hair, better joint mobility, reduced hair loss, and other noticeable benefits after taking MenoRescue.

[See what others have to say, click to read reviews now!](#)

MenoRescue Pricing & Discounts

MenoRescue is normally priced at \$129 per bottle. As part of a 2023 promotion, WellMe has reduced the price as low as \$39 per bottle. Plus, qualifying purchases come with free bonus eBooks, free US shipping, and other perks.

1 BOTTLE 1-Month Supply	6 BOTTLES 6-Month Supply + Bonuses	3 BOTTLES 3-Month Supply + Bonuses
		
\$59.00 per bottle	\$39.00 per bottle	\$49.00 per bottle
ADD TO CART	ADD TO CART	ADD TO CART
TOTAL: \$129 \$59.00 You Save \$70.00 +\$9.95 USA SHIPPING	TOTAL: \$774 \$234.00 You Save \$540.00 +FREE USA SHIPPING	TOTAL: \$387 \$147.00 You Save \$240.00 +FREE USA SHIPPING
180-DAY GUARANTEE	180-DAY GUARANTEE	180-DAY GUARANTEE

Here's how much you pay when ordering MenoRescue directly from the manufacturer today:

1 Bottle: \$59 + \$9.95 Shipping

3 Bottles: \$147 (\$49 Per Bottle) + Free US Shipping + 2 Free Bonuses

6 Bottles: \$234 (\$39 Per Bottle) + Free US Shipping + 2 Free Bonuses

[Click Here to Get MenoRescue At Discounted Price!!!](#)

Each bottle contains a 1 month supply of MenoRescue, or 60 capsules (30 servings). You take two capsules daily to support menopause relief.

Bonuses Included with MenoRescue

WellMe is bundling two bonus eBooks with all 3 and 6 bottle purchases of MenoRescue. In addition to buying MenoRescue at a sharply discounted rate, you can get two bonus eBooks to enhance menopause relief.

Get 2 FREE bonuses worth \$59.90
when you order a 3 or 6 Month Supply



**17 Smoothies for
Hormonal Harmony**

Value: \$29.95 | Today: FREE

[Learn more](#) ▾



**The Menopause
Mindset**

Value: \$29.95 | Today: FREE

[Learn more](#) ▾

The two bonus eBooks include:

Free Bonus eBook #1: 17 Smoothies for Hormonal Harmony:

Drinking the right smoothie every day could complement the effects of MenoRescue, promoting hormonal harmony and overall hormonal balance. In this bonus eBook, you can discover some of the best fruits, veggies, herbs, plants, and superfoods to add to your smoothies to support estrogen, progesterone, and cortisol balance. You get 17 specific recipes you can start making at home as soon as today. The eBook is normally priced at \$29.95. WellMe recommends taking one smoothie daily as a snack or mid-day pick-me-up. You can even take a smoothie with MenoRescue each day.

Free Bonus eBook #2: The Menopause Mindset: Normally priced at \$29.95, this bonus eBook teaches you how to make simple, daily changes to your lifestyle to support menopause relief. Many women are surprised to find simple daily habits are contributing to menopause symptoms. By making simple changes, you can restore balance to your body and enjoy a worry-free menopause. According to WellMe, the tips in this eBook can “help turbocharge the results you see.”

[Order now & get bonuses >>>](#)

You receive immediate access to both bonus eBooks after your purchase is confirmed.

MenoRescue Refund Policy

MenoRescue, like all WellMe supplements, comes with a 180-day moneyback guarantee. You have 180 days to test the supplement. If you're unhappy for any reason, then you can request a complete refund with no questions asked.

Who Makes MenoRescue?

About WellMe

MenoRescue is made by a US-based supplement company named WellMe. That company makes a range of supplements targeting

different health and wellness goals – from menopause relief to weight loss to hormone balance.

WellMe is led by Andrea Taylor, CPT, CNSC. Andrea is a certified nutritionist, personal trainer, bodybuilding champion, and cancer survivor. Andrea partnered with a doctor to formulate MenoRescue. WellMe manufactures MenoRescue in the United States in an FDA-registered, GMP-certified facility.

You can contact WellMe and the MenoRescue customer service team via the following:

Email: support@wellme.com

Phone: 1-800-763-1979

Mailing Address: 1301 Ridgeview Drive, McHenry, IL 60050

Conclusion

MenoRescue by WellMe is a menopause supplement featuring a blend of science-backed plants and herbs to relieve symptoms of menopause – from weight gain to mood changes to hot flashes.

The supplement works in a two step process. First, it supports healthy cortisol balance. Then, MenoRescue supports your body's production of estrogen and progesterone on, tackling menopause from two angles for maximum relief.

To learn more about MenoRescue and how the supplement works or to buy the formula online today, [visit the official website](#).