

FEM21

- balances hormones
- supports gut health
- enhances liver detoxification
- alkalises the body
- support the adrenals & nervous system



MAN21

- supports testosterone
- improves gut health
- enhances liver detoxification
- alkalises the body
- supports nervous system & mental clarity

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

Fem21™

Fem21's unique formulation is designed to support healthy oestrogen metabolism and promote progesterone production, while nourishing the entire endocrine system, including the adrenal glands, thyroid, and ovaries.

This holistic blend combines liver and digestive-supporting herbs, probiotics, and fibre to keep everything running smoothly, from the elimination of toxins to the absorption of nutrients, while maintaining a healthy gut and microbiome.

The alkalising greens and nutrient-dense superfoods in Fem21 help reduce inflammation, combat oxidative stress, and boost your energy levels, helping you feel revitalised every day.

Important Note: Fem21 is not recommended during pregnancy, breastfeeding, or when using medications, including contraceptives (unless under professional guidance).

SUBSCRIBE & SAVE

Join the Fem21 Sisterhood
for 21% off your orders

*option available only
in the online shop



100% AUSTRALIAN
MADE AND 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



fem21.com



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

Fem21™

 <p>1: Psyllium Insoluble fibre for healthy bowels.</p>	 <p>8: Barley Grass Alkalisng green rich in chlorophyll</p>	 <p>15: Stevia To naturally balance the bitterness of the herbs</p>
 <p>2: Lemon Promotes healthy digestive enzymes</p>	 <p>9: Wheatgrass Alkalisng green rich in chlorophyll</p>	 <p>16: Chaste Tree Promotes progesterone balance</p>
 <p>3: Multi Strain probiotics* with F.O.S: good bacteria & prebiotics for a healthy microbiome</p>	 <p>10: Dandelion For healthy liver detoxification</p>	 <p>17: Rosemary Supports liver health and excess oestrogen clearance</p>
 <p>4: Licorice Supports adrenal health for healthy energy & stress response</p>	 <p>11: Green Banana fibre Soluble fibre, calming effect on the bowels</p>	 <p>18: Black Cohosh To modulate oestrogen levels.</p>
 <p>5: Ginger Digestive stimulant and supports circulation</p>	 <p>12: Cinnamon Regulates blood sugar levels</p>	 <p>19: Broccoli powder Rich in antioxidants and supports excess oestrogen metabolism</p>
 <p>6: Raspberry Regulates blood sugar, good source of fibre</p>	 <p>13: Siberian Ginseng Supports adrenal health for sustained energy</p>	 <p>20: Bladderwrack Source of iodine for thyroid health</p>
 <p>7: Pomegranate Rich in antioxidants, anti-inflammatory</p>	 <p>14: Gotu Kola Adaptogen, blood purifier, for healthy skin</p>	 <p>21: Milk Thistle Nourishes & supports cleansing of the liver</p>

 GLUTEN FREE
  DAIRY FREE
  SOY FREE
  SUGAR FREE
  VEGAN
  NO FILLERS

HERBS • SUPERFOODS • ANTIOXIDANTS • PROBIOTICS • FIBRE • GREENS

for full nutritional information and more info on the ingredients including doses please see our website

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

As an experienced Naturopath working in clinical practice since 2006, I've had the joy of helping countless individuals, with a particular focus on women's health. In 2015, I developed Fem21 in response to the growing need for holistic hormone support among women. I've walked the journey many women face when it comes to hormonal imbalances. Like many of my patients, I started taking the pill in my early 20s to manage my PCOS symptoms, address my acne, irregular cycles, and for contraception. I had a strong negative response to the synthetic hormones, which led to depression and anxiety. After coming off the pill, I moved into "baby-making mode," only to experience miscarriage and pregnancy complications during the early trimesters of my pregnancies.

After the births of my children and returning to work, I found myself overwhelmed with adrenal exhaustion, bloating, and constant cystic acne. Ironically, I was working as a Naturopath in a natural fertility clinic, immersed in women's health and hormones, yet I was ignoring my own struggles.

One day, I decided enough was enough. I set out to create a herbal formulation that combined what I was recommending in my practice for women's hormonal issues, and I tested it on myself. What I noticed was remarkable:

- MY MOODS AND ENERGY IMPROVED
- MY SKIN CLEARED
- THE BLOATING DISAPPEARED

Seeing such improvements in myself, I shared the formulation with my patients and the results were even more amazing:

- REGULAR, EASY & PAIN-FREE PERIODS
- IMPROVED FERTILITY
- EASED MENOPAUSAL SYMPTOMS
- REDUCED PMS SYMPTOMS
- CLEARER SKIN & RESOLUTION OF ACNE
- BETTER BOWEL FUNCTION
- STRONGER LIBIDO
- REDUCED HEADACHES
- IMPROVED SLEEP
- LESS ANXIETY & BETTER MOODS

I created Fem21 because I want women like you to feel calm, clear, and revitalised, no matter what phase of life you're in. Whether you're managing hormonal imbalances, preparing for motherhood, or navigating menopause, Fem21 can support your body's natural rhythms and empower you to feel your best.

Discover what's possible for you at fem21.com.



With gratitude

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



DOSAGE ADVICE

Under 50kg ½ scoop per day (for use in teens over 15 years)

50-90kg weight range
1 scoop per day

Above 90kg 2 scoops per day (1 in the morning and 1 in the afternoon)

For those with oestrogen dominance, a higher dose of 2 scoops per day is recommended from ovulation until the start of the period.

For those experiencing amenorrhea, a cycled dose of 1 scoop per day for 2 weeks followed by 2 scoops per day for 2 weeks may be helpful. This can be aligned with your menstrual or moon cycle for optimal results.

Fem21 can be taken at any time of day or night, with or without food. Please consult a healthcare practitioner for personalised advice, especially if you're using prescription medications.

HOW TO TAKE FEM 21

- Mix in water
- Add to juice (we love cranberry!)

BLENDED IN A SMOOTHIE - TRY THIS RECIPE

- 1 scoop of Fem21
- ½ banana
- 1 small handful of mixed frozen berries
- 1 tablespoon mixed seeds (flax, hemp, sesame, and pumpkin)
- 1 tablespoon nut butter
- 1 tablespoon yogurt (Greek or coconut)
- ¼ teaspoon cinnamon powder
- 1 small handful of ice
- 20-30g natural protein powder
- Coconut water or almond milk to taste

TOP TIP

If you're making a smoothie for your partner, blend all ingredients first, then add the **Fem21** or **Man21** after portioning out the servings. Re-blend separately for the perfect mix!