

GREEN COMPASS™

WOMEN'S HEALTH GUIDE

Navigating Perimenopause & Menopause



Redefining **HORMONE HARMONY**

Women's health has been long overlooked, allowing women to suffer in silence and with a one-size-fits-all synthetic support, living subjected to their symptoms and hunting for a solution. Green Compass is building a better path for women, starting with a focus on supporting harmony with their hormones, targeting the most disruptive symptoms women talk about, and the ones they don't—from perimenopause through menopause.

PERIMENOPAUSE often begins in the mid 40s, but can start in your mid 30s or earlier. It lasts, on average, four years. You're still having periods, though they may be irregular (longer, shorter, heavier, lighter, further apart).

MENOPAUSE technically isn't a stage, but rather a moment in time. You reach it when you've gone exactly 12 months without a menstrual period. This occurs, on average, at age 51, but can happen earlier or later.



We're Meeting You **IN THE MIDDLE**

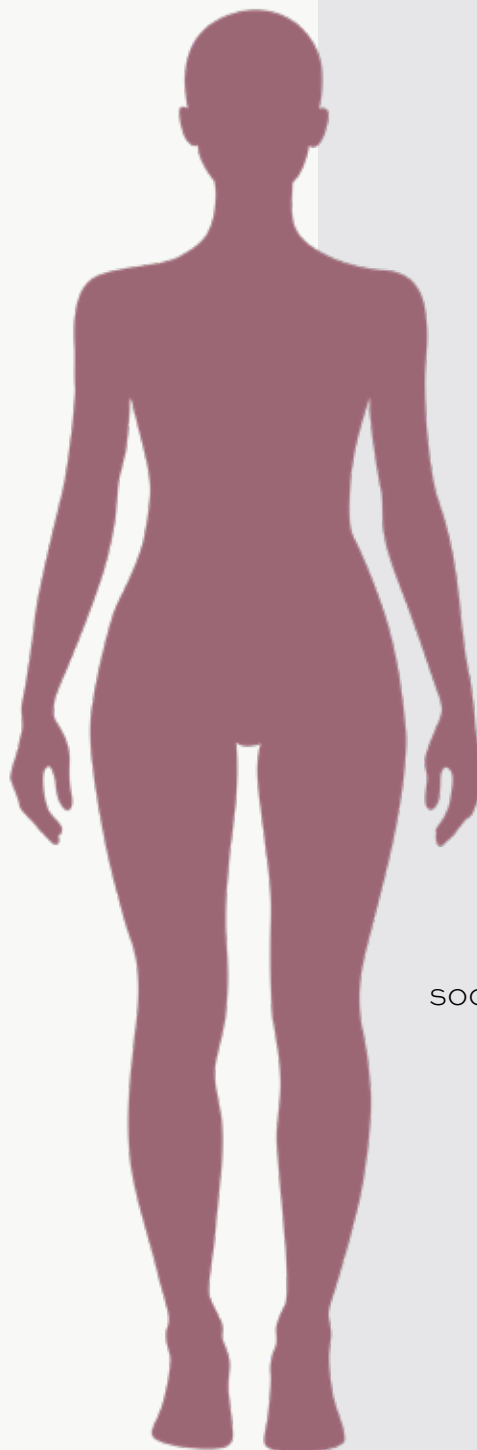
Mid-life is often a crisis for women as typically the mid-40s close the reproductive years and a natural and normal stage begins: perimenopause. Lasting anywhere from a few months to 10 years, women's ovaries produce varying estrogen levels, triggering disruptive symptoms changing daily. Once the estrogen secretion severely slows and menstrual cycles stop and the next stage begins: menopause.

Timing of these transitions can vary by genetics or health history. For multiple decades, nonetheless, a statistical majority of women go to war with their bodies' ever-changing estrogen levels, experiencing a range of common and not-so-common symptoms.

45% of U.S. women are currently going through menopause, yet **61%** of women experiencing menopause have admitted to not discussing it with anyone.

82% of women aged 35-54 admit to feeling isolated, confused and unprepared to experience menopause.

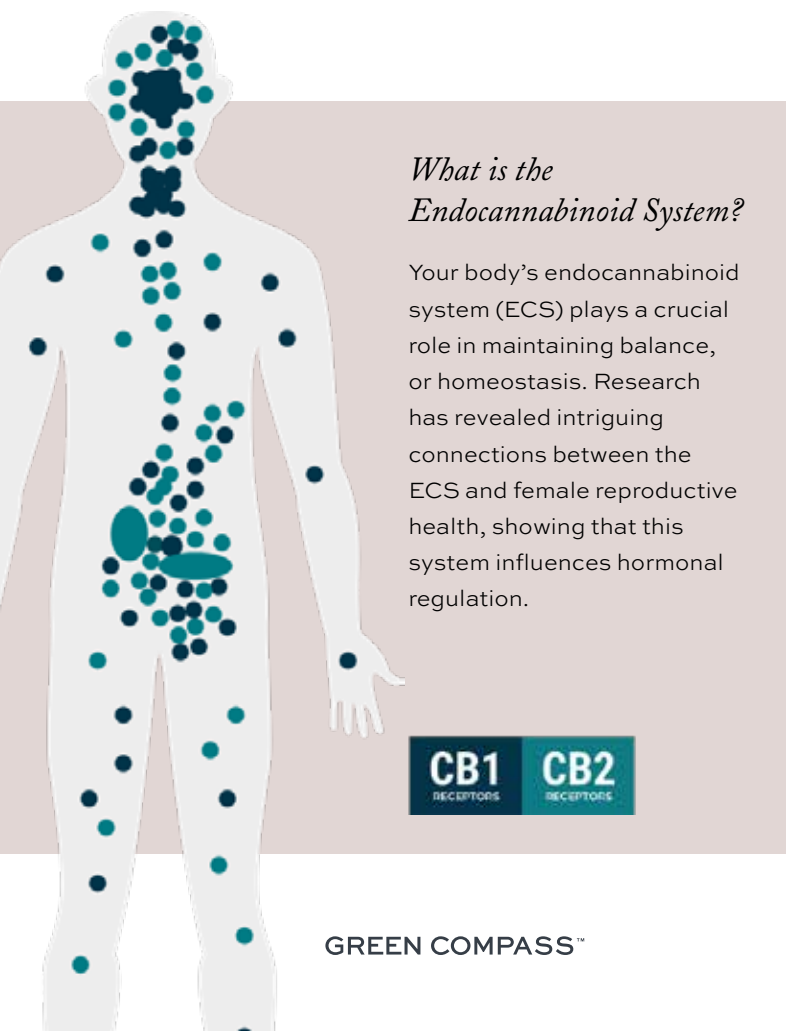
78% of women are navigating hormonal symptoms with OTC or natural wellness products to find relief.



HAIR LOSS
MEMORY LAPSES
DIFFICULTY
CONCENTRATING
HEADACHES
HOT FLASHES
NIGHT SWEATS
SLEEP
DISTURBANCE
MOOD CHANGES
IRREGULAR
PERIODS
VAGINAL
DRYNESS
DECREASED
LIBIDO
IRRITABILITY
SOCIAL WITHDRAWAL
FATIGUE
BONE LOSS
BLOATING
SKIN CHANGES
WEIGHT GAIN

Synergy for YOUR WHOLE SELF

Green Compass has always been in the business of breaking stigmas and providing natural wellness solutions powered by functional ingredients. From day one, we've preached the power of synergy—how ingredients can work in harmony to serve whole-body wellness. With hemp at the center of our story, we've shown how a full range of cannabinoids can unlock the entourage effect, working together with your endocannabinoid system (ECS) to restore balance and support overall health.



What is the Endocannabinoid System?

Your body's endocannabinoid system (ECS) plays a crucial role in maintaining balance, or homeostasis. Research has revealed intriguing connections between the ECS and female reproductive health, showing that this system influences hormonal regulation.



Some of our key cannabinoids include:

CBD (Cannabidiol)

Calms stress, supports balance, eases everyday aches.

CBDA (Cannabidiolic Acid)

Precursor to CBD; fast-acting, supports mood, nausea relief, and inflammation balance.

CBG (Cannabigerol)

Supports focus, gut health, inflammation, and overall calm.

CBN (Cannabinol)

Known for relaxation and supporting restful sleep.

THC (Tetrahydrocannabinol)

Primary psychoactive compound; supports relaxation, inflammation, and sleep.

THCA (Tetrahydrocannabinolic Acid)

Non-psychoactive precursor to THC; supports inflammation and neuroprotection.

For women, especially at a time when hormonal shifts that trigger a variety of disruptive symptoms, their body demand more than quick fixes or synthetics.

Women deserve support that works with their bodies, not against them.

Wellness Shouldn't Stop When Your Cycle Does

HER CBDA Nano Jellies by Green Compass was created by women, for women to naturally support women navigating the phases of perimenopause through menopause.

No confusion, no shame. A natural, clean, effective solution has entered the market.

Her CBDA Nano Jellies are science-backed to:

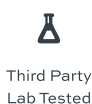
- Promote natural serotonin for mood swings and emotional stability
- Support healthy sleep patterns
- Ease symptoms like hot flashes and night sweats
- Supports hormonal balance
- Alleviate nausea from digestive discomfort
- Support a healthy inflammatory response
- Promote natural energy support and mental balance



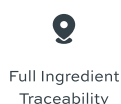
Made in USA



Certified
USDA Organic



Third Party
Lab Tested



Full Ingredient
Traceability



Non-GMO



Gluten Free



Vegan



Kosher



NSF
cGMP
Facility Made

WHY CBDA?

We chose CBDA for **Her** CBDA Nano Jellies because it interacts with your body differently than CBD, especially when it comes to serotonin pathways and symptoms like nausea, stress, mood, and inflammation.

- CBDA is the raw, natural form of CBD. It's found in the live hemp plant before it's heated or processed.
- CBD is what CBDA turns into after heat is applied.



PLANT-POWERED SCIENCE-BACKED INGREDIENTS

Organic Full Spectrum CBDA

A powerful hemp compound that supports serotonin production to ease stress without psychoactive effects.

Organic 5-HTP

A plant-based nutrient that amplifies the combined effects of CBDA Nano Jellies active ingredients on serotonin pathways to enhance their natural benefits.

Organic Ginger Root

Promotes overall wellness, supports a healthy inflammatory response, and eases nausea during hormonal shifts.

Organic Chaste Berry

Supports hormonal balance to alleviate hot flashes and mood swings, as well as relieves menstrual symptoms including cramping.

Vitamin B6

Essential for regulating mood, energy, and hormone-related symptoms.

Boost the BENEFITS

Balanced Nutrition

Focus on quality nutrition. Whole foods rich in calcium, vitamin D, protein, and phytoestrogens will support bone and hormonal health.

Make Time for Movement

Incorporate weight-bearing exercises, strength training, and gentle activities like yoga or walking to maintain bone density, muscle mass, and stress relief.

Sleep Hygiene

Create consistent bedtime routines, limit caffeine and screens in the evening, and practice relaxation techniques to improve sleep quality.

Stress-Relief Self-Care

Reduce stress and practice mindfulness. Prioritize activities that bring joy and relaxation, from reading to creative hobbies.

Limit Triggers

Reduce alcohol, caffeine, and spicy foods if they worsen symptoms like hot flashes or night sweats.

Listen to your body. If you're pushing your own boundaries or losing opportunities to rest, take a moment to set better rhythms for your daily life.

A supplement can only take you so far. A solution is a long-term change. Support a transformed menopausal experience from all angles with a few tweaks to your normal routines.

DAILY SUPPLEMENT ROUTINE

Wellness takes both daily choices and daily support. By pairing lifestyle shifts with Green Compass products, women can create a routine that nourishes body, mind, and hormones, bringing balance through every phase of menopause.

SAMPLE ROUTINE

MORNING



Immune Bloom Jellies to boost daily resilience and immune health



Broad or Full Spectrum Jellies for daily 25mg CBD.



Choose **Her** CBDA Nano Jellies in the morning for balanced mood and focus

MIDDAY



Mind Bloom Capsules for focus and to support brain fog

EVENING



Unwind THC Jellies for relaxation and restful sleep.



- Or choose Full Spectrum Jellies to support sleep for an option with less than 1mg THC per jelly.



CBG Concentrate or Body Oil for external wellness support



CBG infused Collagen for your evening hydration to support your beauty and rest.



Choose **Her** CBDA Nano Jellies in the evening for a calming way to end the day.

Formulated with Intention. Backed by Research. Crafted for Her.



Green Compass is committed to helping you feel like you again, with formulas that get you back in sync and solutions for serious symptoms. We are here to revolutionize what it means to feel relief.

All women deserve to feel seen in every season, and education can give you the motivation you need to reclaim relief. Start your journey of wholeness and health with CBDA Nano Jellies and watch transformation unfold before you.

Connect with us and share your story.



@greencompassglobal

SOURCES

Kantar Profiles/Mintel, November 2023

Walker, O.S., Holloway, A.C. & Raha, S. The role of the endocannabinoid system in female reproductive tissues. J Ovarian Res 12, 3 (2019). <https://doi.org/10.1186/s13048-018-0478-9>