

From the moment raw ingredients reach our facilities to the time a finished supplement is packaged, stringent analysis confirms the potency, purity and nutritional content of every nutritional product that bears the Vitamin World name. *We guarantee it!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING : Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER PROD. # **6095**  
**www.vitaminworld.com**

**1-800-228-4533**

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Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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naturally inspired<sup>®</sup>

# Flash fighters<sup>™</sup>

Helps Alleviate Menopausal Symptoms\*  
For Hot Flashes, Night Sweats & Mild Mood Changes\*

VEGETARIAN HERBAL SUPPLEMENT

**100** COATED  
CAPLETS



**DIRECTIONS:** For adults, take three (3) caplets daily, preferably with meals.

## Supplement Facts

Serving Size 3 Caplets  
Servings Per Container 33

Amount Per Serving	%Daily Value
Calcium (as Calcium Carbonate)	386 mg 39%
Soy Isoflavones (Standardized to contain 40% Isoflavones, 63 mg)	157 mg **
Black Cohosh Extract ( <i>Cimicifuga racemosa</i> ) (root) (Standardized to contain 2.5% Triterpene Glycosides, 4 mg)	160 mg **
Dong Quai ( <i>Angelica sinensis</i> ) (root) (from 37.5 mg of a 4:1 Extract)	150 mg **
Licorice ( <i>Glycyrrhiza glabra</i> ) (root) (from 37.5 mg of a 4:1 Extract)	150 mg **
Vitex ( <i>Vitex agnus-castus</i> ) (fruit) (from 10 mg of a 10:1 Extract)	100 mg **

\*\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate.