

Black cohosh works with Estera® ingredients to help relieve common symptoms associated with menopause. Studies have shown these ingredients can help relieve common symptoms including hot flashes, occasional anxiousness, and mild mood swings.*

DIRECTIONS FOR USE: As a dietary supplement, take one (1) capsule with eight (8) ounces of liquid daily. Store in a cool, dry place.

WARNINGS: Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur. Do not use if safety seal 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.

BATCH NO.:

EXP. DATE:



Phase II

Women's transitions formula

DIETARY SUPPLEMENT
30 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Broccoli Powder	150 mg *
Diindolylmethane (an indole)	100 mg *
Black Cohosh (<i>Cimicifuga racemosa</i>) Extract Roots 2.5% Triterpene Glycosides	40 mg *
Pomegranate Fruit (<i>Punica granatum</i>) Extract	40 mg *
Lignans (from Flaxseed)	20 mg *
Genistein (from Soy Isoflavone Extract)	15 mg *

*Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

CONTAINS Soy.



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