



Menopause Formula No 1

With ingredients clinically proven to relieve:

- Hot Flashes*
- Vaginal Dryness*
- Mental Fog*
- Mood Swings*
- Fatigue*
- Stress*
- Joint Discomfort*
- Muscle Aches*

Dietary Supplement
60 Vegetarian Capsules

Supplement Facts

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 60

Amount Per Serving	% DV
EstroG-100® Herb Blend (<i>Phlomis umbrosa</i> Root Extract, <i>Gynanchum wilfordii</i> Root Extract, <i>Angelica gigas</i> Nakai Root Extract)	257 mg *
Sensoril® Ashwagandha (<i>Withania somnifera</i>) Root and Leaf Extract (8% withanolides)	125 mg *
Bioperine® Black Pepper (<i>Piper longum</i>) Fruit Extract (95% piperine)	5 mg *

* Daily Value (DV) not established

Other Ingredients: Vegetable capsule (modified cellulose), vegetable cellulose, magnesium stearate (vegetable), silica.

NO milk, egg, fish, shellfish, soy, peanuts, tree nuts, or wheat.

Non-GMO • Gluten-free



RealDose Nutrition™
The Right Ingredients at the Real Dose

Suggested Use: As a dietary supplement, take 1 capsule, twice daily, preferably with meals, or as directed by your healthcare professional.

PRECAUTION: Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking any medications, or are pregnant or nursing.

WARNING: Keep out of reach of children. Protect from heat, light and moisture. Do not use if seal is broken.

* 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.

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Order online or by phone:
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