



AYURVEDIC HERBS

Women's Natural Transition™

Support for a Healthy Menopause and Beyond*



90 Tablets
Dietary Supplement

Certified Organic

SUGGESTED USE: Take 1-2 tablets, once or twice daily, or as directed by your health practitioner. This product may be used during perimenopausal, menopausal, and postmenopausal stages.

If you are pregnant, nursing, taking medications, or have a medical condition please consult with your health care practitioner prior to the use of this product.
Keep out of the reach of children.

Supplement Facts

Serving Size: 2 tablets

Servings Per Container: 45

Amount Per Serving

Proprietary Blend	1000mg**
Shatavari root, <i>Asparagus racemosus</i> ⁺	
Finger-leaf Morning Glory root (Vidari Kanda), <i>Ipomoea digitata</i> ⁺	
Ashwagandha root, <i>Withania somnifera</i> ⁺	
Vetiver root, <i>Vetiveria zizanoides</i> ⁺	
Gotu Kola leaf (Brahmi), <i>Centella asiatica</i> ⁺	
Dwarf Morning Glory herb (Shankhapushpi), <i>Evolvulus alsinoides</i> ⁺	
Arjuna bark, <i>Terminalia arjuna</i> ⁺	
Indian Tinospora stem (Guduchi), <i>Tinospora cordifolia</i> ⁺	
Guggul resin (Guggulu), <i>Commiphora mukul</i> ⁺	
Amla fruit (Amalaki), <i>Emblica officinalis</i> ⁺	
Chebulic Myrobalan fruit (Haritaki), <i>Terminalia chebula</i> ⁺	

Other ingredients, from natural sources: organic rice flour, organic gum acacia. Free of gluten, soy, and dairy. 100% vegetarian.

*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. Store in a cool, dry place. Do not use if seal is broken or missing.

⁺Certified Organic **Daily Value not established

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New Mexico Department
of Agriculture

Ex. 85