

456926-06 EXP 01/15

## menopause support\* dietary supplement maximum strength

Compare to Estroven®  
Maximum Strength\*\*

helps relieve hot flashes  
and night sweats\*  
one per day

28

TABLETS

28 TABLETS SHOWN ACTUAL SIZE ABOVE



up&up

TM

menopause support\*  
dietary supplement  
maximum strength

up&up

TM

### Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                                                                                                                                                                                                          |          | %Daily Value |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------------|
| Vitamin D                                                                                                                                                                                                                   | 1,000 IU | 250%         |
| Vitamin E                                                                                                                                                                                                                   | 30 IU    | 100%         |
| Thiamin                                                                                                                                                                                                                     | 5 mg     | 333%         |
| Riboflavin                                                                                                                                                                                                                  | 5 mg     | 294%         |
| Niacin                                                                                                                                                                                                                      | 20 mg    | 100%         |
| Vitamin B-6                                                                                                                                                                                                                 | 20 mg    | 1,000%       |
| Folic Acid                                                                                                                                                                                                                  | 400 mcg  | 100%         |
| Vitamin B-12                                                                                                                                                                                                                | 25 mcg   | 417%         |
| Calcium                                                                                                                                                                                                                     | 100 mg   | 10%          |
| Phosphorus                                                                                                                                                                                                                  | 50 mg    | 5%           |
| Selenium                                                                                                                                                                                                                    | 70 mcg   | 100%         |
| Chromium                                                                                                                                                                                                                    | 120 mcg  | 100%         |
| Black Cohosh Extract ( <i>Cimicifuga racemosa</i> ) (root)                                                                                                                                                                  | 80 mg    | ***          |
| Isoflavones                                                                                                                                                                                                                 | 80 mg    | ***          |
| Estroblend™                                                                                                                                                                                                                 | 400 mg   | ***          |
| (Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf), Date Seed Extract ( <i>Ziziphus jujuba</i> ), Magnolia Bark Powder ( <i>Magnolia officinalis</i> ) (bark) and Cinnamon Extract ( <i>Cinnamomum cassia</i> ) (bark)) |          |              |
| Cranberry Extract                                                                                                                                                                                                           | 300 mg   | ***          |
| (Vaccinium macrocarpon) (fruit) (from 25 mg of 12:1 extract)                                                                                                                                                                |          |              |
| Boron                                                                                                                                                                                                                       | 1.5 mg   | ***          |

\*\*\*Daily Values not established.

**Ingredients:** Dicalcium Phosphate, Non-GMO Kudzu Extract (*Pueraria lobata*) (root), Cellulose (Plant Origin), Calcium Carbonate, Black Cohosh Extract, Croscarmellose, Green Tea Extract, Crospovidone, Boron Amino Acid Chelate, d-Alpha Tocopheryl Acid Succinate, Pyridoxine Hydrochloride, Cranberry Extract, Polyvinyl Alcohol, Niacinamide, Silicon Dioxide, Vegetable Stearic Acid, Polyethylene Glycol, Magnesium Silicate, Sodium Selenate, Titanium Dioxide Color, Thiamin Mononitrate, Vegetable Magnesium Stearate, Riboflavin, FD&C Yellow #5 Lake, Magnolia Bark Powder, Starch, Non-GMO Soy Extract (*Glycine max*) (bean), Chromium Amino Acid Chelate, Date Seed Extract, Cinnamon Extract, Folic Acid, FD&C Red #40 Lake, Polysorbate 80, Cyanocobalamin, Cholecalciferol.

up & up™ menopause support\* supplies a more complete natural approach to relieving menopausal symptoms.\* It is a natural source of phytoestrogens that help relieve hot flashes and night sweats.\* It contains a relaxing herbal blend, plus Black Cohosh, which may help alleviate the mild mood changes, occasional sleeplessness and day-to-day anxiety associated with menopause.\* Calcium supports healthy bones.\*

Vitamin B-6, E and folic acid help promote heart health.\*

Take up & up™ menopause support\* as part of your daily routine. It works naturally over time. Continue to use to maintain benefits.

Laboratory tested to meet strict quality control standards for potency, purity and disintegration.

**Directions:** For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial flavor.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, 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 DRY PLACE AND AVOID EXCESSIVE HEAT.**

**TAMPER RESISTANT: DO NOT USE IF BLISTER SEAL IS CUT, TORN OR OPEN.**

\*\*Estroven® Maximum Strength is a registered trademark of Amerifit Brands, Inc. This product is not manufactured, distributed or marketed by Amerifit Brands, Inc.

\*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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Questions? Call 1-800-910-6874

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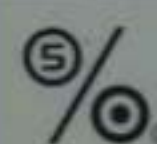
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