

In addition to key ingredients, which target the common symptoms of menopause, **MenoSolve™** contains 70+ super foods, extracts and concentrates, certified organic fruits and vegetables, 2 Billion CFU's of probiotics, soluble fiber, natural flavonoids and digestive enzymes. Each scoop is equivalent to the antioxidant power of 15+ servings of fruits and vegetables.**

MenoSolve™ puts you in control *before, during and after* Menopause.

Key Ingredients:*

Red Clover Flower – May reduce hot flashes, improve bone density, balance hormones, improve mood, sleep, and reduction of fatigue.

Magnesium – May improve sleep, anxiety, fatigue, depression, night sweats and is well known for its cardiovascular benefits.

Sensori® – Clinically-proven Ashwagandha, supports stress and sleep management, mental focus and hormonal homeostasis.

Moringa Leaf – Nutrient packed, it's high in vitamin D and calcium for bone health. May improve metabolism, reduce anxiety, depression and support healthy thyroid function.

DIRECTIONS FOR USE: At the start of each day, add one level scoop of product into 8-10 oz. of water (For superior taste, COLD water recommended). Shake in a closed container & enjoy.

The benefits of **MenoSolve™** increase with use over time, for best results, take daily.*

Recommended: Refrigerate after opening.

***Allergy Warning: Contains bee product (Royal Jelly), avoid if allergic to bees or bee products

This product has been sealed for your protection. Do not use if seal on cap is broken.

This product is not intended for pregnant woman or children.

Keep out of the reach of young children. Do not exceed recommended daily dose.

Cnidium Monnieri – Boosts libido, may reduce the frequency and intensity of hot flashes.

Royal Jelly – May improve cholesterol levels, improve memory, enhance libido and boosts energy.

Guggul Gum Resin – May help to balance hormones and improve mood. May help to relieve headaches, irritability, insomnia and hot flashes. Supports healthy lipid profiles and weight loss.

Chromax® Chromium Picolinate – May help to promote weight control and weight loss. May help to promote cardiovascular health. May enhance insulin sensitivity.



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

** Based on Total One's Fe



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MADE IN THE USA

Greens FIRST™ Female

MenoSolve™ Plus Probiotics

Natural Relief for Menopause*

Hormone-Free

GREENS

Contains Superfoods, Probiotics
and Digestive Enzymes

Developed & Recommended by OB/GYNs

- Mood Swings • Libido
- Night Sweats • Sleep
- Hot Flashes • Weight Gain



Supplement Facts

Serving Size: 10.22g (1 Scoop)

Servings Per Container: 30

Amount per serving	%DV*	Amount per serving	%DV*
Calories 45	Calories from fat 15	Rice Bran Powder	200 mg †
Total Fat 1.5 g	3%	Enzyme Blend	200 mg †
Total Carbohydrate 6 g	3%	Microcrystalline Cellulose, Bromelain Complex,	
Dietary Fiber 2 g	8%	Papain Complex, Pepsin Complex, Amylase	
Sugars 2 g		Complex, Lipase Complex, Cellulase Complex,	
Protein 2 g		Lactase Complex	
Vitamin C 4.3 mg	7%	Organic Sprouted Barley Malt Powder	200 mg †
Vitamin E 261.2 IU	871%	Stevia Leaf Extract	100 mg †
(as Mixed Tocopherols)		Green Tea Leaf Extract	100 mg †
Niacin (as Niacinamide) 20 mg	100%	Quercetin Dihydrate	100 mg †
Calcium 35 mg	4%	Milk Thistle Seed Extract	75 mg †
Iron 3.17 mg	18%	Organic Beet Root Powder	50 mg †
Magnesium 50 mg	13%	Organic Cassia (Cinnamon) Bark Powder	50 mg †
(as Magnesium Oxide)		Organic Aloe Vera Leaf Powder	50 mg †
Chromium 1.20 mcg	100%	Resveratrol	40 mg †
(as Chromax® Chromium Picolinate)		(Japanese Knotweed Root Extract)	
Sodium 30mg	1%	Organic Acerola Fruit Powder	25 mg †
		Mito (Japanese Concord Grape) Fruit Powder	25 mg †
Amount per serving	%DV*	Turmeric Root Extract	20 mg †
Organic Barley Grass Powder	1.5 g †	Organic Kelp Powder	15 mg †
Organic Vegetable Blend	1.5 g †	Moringa Leaf Powder (Moringa tree) 220 mg †	
Organic Carrot Root Powder, Organic Broccoli		Red Clover Flower Powder	100 mg †
Head/Petal Powder, Organic Cauliflower Bulb		Sensori® Ashwagandha	75 mg †
Powder, Organic Spinach Leaf Powder, Organic		Root & Leaf Extract	
Parsley Leaf Powder, Organic Collards Leaf Powder		Cnidium Monnieri Herb Powder	50 mg †
Oat Bran Powder	1.5 g †	Guggul (Guggulipid) Powder	20 mg †
Sunflower Lecithin Powder	1 g †	Royal Jelly Powder	12.5 mg †
Organic Chromium Powder	500 mg †	Probiotic Blend Complex (2 Billion CFU) 12 mg †	
Organic Spirulina Powder	500 mg †	Lactobacillus acidophilus, Bifidobacterium breve,	
Apple Pectin Fruit Powder	400 mg †	Lactobacillus casei, Lactobacillus Rhamnosus,	
Oil Sans Proprietary Blend	300 mg †	Bifidobacterium longum, Bifidobacterium bifidum,	
Carrot Root Powder, Green Tea Leaf Extract, Plum		Bifidobacterium infantis, Lactobacillus Reuteri	
Fruit Powder, Grape Seed Extract, Sour Cherry		Cayenne Pepper Fruit Powder	10 mg †
(Sour Cherry) Fruit Powder, Broccoli Stem & Floret		Licorice Root Extract	5 mg †
Powder, Tomato Fruit Powder, Spinach Leaf			
Powder, Collards (Kale) Leaf Powder, Masson			
Pine (Pine) Bark Extract, Brassica oleracea var			
gervillensis (Brussels), Cranberry Fruit Powder,			
Raspberry Fruit Powder, Blueberry Fruit Powder,			

* Percent Daily Values (%DV) are based on a 2,000 calorie diet
† Daily Value not established.

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Other Ingredients: Natural Flavors: Orange Fruit Powder, Natural Spearmint Flavor.

Chromax®, including the Chromax® logo, is a registered trademark of Nutrition 21, LLC.
Chromax® is patent protected. Sensori® is a registered trademark of Nutragenesis.

Dietary Supplement

Net Weight 10.82 oz. (307 grams) Powder