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Your health & safety are our first priority!



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WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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naturally inspired®


Herbal Menopause Complex

Women's Health Formula*

Menopausal Support*
Helps With Hot Flashes and Night Sweats*

DIETARY SUPPLEMENT

90 RAPID RELEASE
CAPSULES

 **VITAMIN WORLD**
get healthy.

DIRECTIONS: For adults, take one (1) capsule three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Hops (<i>Humulus lupulus</i>) (flower)	200 mg **
Valerian (<i>Valeriana officinalis</i>) (root)	200 mg **
Black Cohosh Extract (<i>Cimicifuga racemosa</i>) (root) (Standardized to contain 2.5% Triterpene Glycosides, 1 mg)	40 mg **

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Herbal Menopause Complex is designed to provide support for women before, during and after menopause.* Black Cohosh helps with the mild mood changes, occasional sleeplessness and day-to-day anxiety associated with menopause.* Valerian and Hops are also included in this specialized formula.

*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.