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SUGGESTED USETWICE DAILY
WITH A MEAL AND
8 OZ. H₂O

CAPSULE

FOR BEST RESULTS, USE FOR AT LEAST EIGHT WEEKS.
DO NOT EXCEED TWO CAPSULES AT ONE TIME.

Taken to promote healthy menopause, **STAYING COOL** provides essential vitamins, minerals, and herbal extracts to support your your daily and nightly wellness.*

CAUTION: Keep out of reach of children. If you are pregnant, nursing, or taking any prescription medicine, consult your physician before taking this product.

*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.

CGMP
CERTIFIEDBLENDED
IN THE USA

DISTRIBUTED BY

Eu Natural Inc
HENDERSON, NV
89052

info@eunatural.com (408) 256-1387

EuNatural.com



STAYING COOL

VITEX & BLACK COHOSH

HOT FLASHES
MENOPAUSE RELIEF*

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin D (as Cholecalciferol)	2000IU	500%
Vitamin E (as d-Alpha Tocopheryl Succinate)	60IU	200%
Thiamin (as Thiamine Hydrochloride)	15 mg	1000%
Riboflavin (Vitamin B2)	17 mg	1000%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folate (as L-Methylfolate)	1000 mcg	250%
Vitamin B12 (as Methylcobalamin)	30 mcg	500%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Zinc (as TRAACS® Bisglycinate Chelate)	15 mg	100%
Selenium (as L-Selenomethionine)	70 mcg	100%
Copper (as TRAACS® Bisglycinate Chelate)	1 mg	50%
Manganese (as TRAACS® Bisglycinate Chelate)	2 mg	100%

STAYING COOL Menopause Complex 1 g †
Black Cohosh Extract (root), Chaste Tree Extract (Vitex)
(berry), Organic KSM-66® Ashwagandha Extract (root),
Shatavari Extract (root), Hop Extract (flower), Pueraria
Mirifica Extract (root), Magnolia Extract (bark),
BioPerine® Nutrient Enhancer (fruit), Boron (as Albion®
Bororganic Glycine)

† Daily Value (DV) not established.

Other Ingredients: Cellulose (Vegetarian Capsule),
Rice Extract

Zero Fillers, Zero Binders, Zero Artificial Ingredients
Gluten & Wheat Free, KSM-66® contains a milk-derivative



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