

Since 1972

NATURAL CHANGES®

Supplement Facts

Serving Size 1 Packet (4 capsules, 2 tablets)
Servings Per Container 42

	Amount per 1 Packet	% Daily Value		Amount per 1 Packet	% Daily Value
Vitamin A (beta-carotene)	37.5 mcg	4%	C-X Proprietary Blend	840 mg	†
Vitamin C (ascorbic acid)	437.5 mg	486%	Dong Quai Root (<i>Angelica sinensis</i>), Blessed Thistle Aerial Parts (<i>Cnicus benedictus</i>), Licorice Root (<i>Glycyrrhiza glabra</i>), Eleuthero Root (<i>Eleutherococcus senticosus</i>), Sarsaparilla Root Extract (<i>Smilax officinalis</i>), Black Cohosh Root & Rhizome Extract (<i>Cimicifuga racemosa</i>), Squawvine Whole Plant (<i>Mitchella repens</i>), False Unicorn Root (<i>Chamaelirium luteum</i>)		
Vitamin D ₃ (cholecalciferol)	1.25 mcg	6%	Wild Yam & Chaste Tree Proprietary Blend	210 mg	†
Thiamin (vitamin B ₁ , mononitrate)	20 mg	1667%	Wild Yam Root and Root Extract (<i>Dioscorea villosa</i>), Chaste Tree Berry Extract (<i>Vitex agnus-castus</i>)		
Riboflavin (vitamin B ₂)	20 mg	1538%	Super GLA Proprietary Blend	1080 mg	†
Niacin (niacinamide)	40 mg	250%	Evening Primrose Seed Oil (<i>Oenothera biennis</i>), Black Currant Seed Oil (<i>Ribes nigrum</i>), Borage Seed Oil (<i>Borago officinalis</i>)		
Vitamin B ₆ (pyridoxine hydrochloride)	21.25 mg	1250%	Gamma-Linolenic Acid	130 mg	†
Folate	208 mcg DFE (125 mcg folic acid)	52%	Skeletal Strength Proprietary Blend	54 mg	†
Vitamin B ₁₂ (cyanocobalamin)	41.5 mcg	1729%	Horsetail Stem & Strobilus (<i>Equisetum arvense</i>), Papaya Fruit Concentrate (<i>Carica papaya</i>), Parsley Leaf (<i>Petroselinum crispum</i>), Valerian Root (<i>Valeriana officinalis</i>), Betaine Hydrochloride, Pineapple Fruit Juice Concentrate (<i>Ananas comosus</i>), Licorice Root Extract (<i>Glycyrrhiza glabra</i>)		
Biotin	100 mcg	333%	Nutri-Calm Proprietary Blend	140 mg	†
Pantothenic Acid (d-calcium pantothenate)	80 mg	1600%	Schisandra Fruit (<i>Schisandra chinensis</i>), Inositol, Bee Pollen, Para-Aminobenzoic Acid (PABA), Lemon Bioflavonoid Extract, Hops Flowers Extract (<i>Humulus lupulus</i>), Passionflower Flower Extract (<i>Passiflora incarnata</i>), Valerian Root Extract (<i>Valeriana officinalis</i>)		
Choline (bitartrate)	13 mg	2%			
Calcium (amino acid chelate, dicalcium phosphate, citrate)	150 mg	12%			
Iron (ferrous gluconate)	0.75 mg	4%			
Phosphorus (dicalcium phosphate)	47 mg	4%			
Magnesium (oxide, amino acid chelate)	150 mg	36%			
Zinc (oxide)	3.75 mg	34%			
Copper (gluconate)	0.5 mg	56%			
Manganese (amino acid chelate)	0.25 mg	11%			
Potassium (gluconate)	25 mg	1%			
Boron (amino acid chelate)	0.25 mg	†			

Other Ingredients: Capsule (gelatin, glycerin, water, carob fruit extract, caramel color), capsule (gelatin, water), cellulose, stearic acid (vegetable), silicon dioxide, magnesium stearate (vegetable).

This package contains 42 packets with five different herbal and nutrient combinations in each packet. Each packet contains a unique combination of vital nutrients to help provide nutritional support for women going through natural changes as they age.*

NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660
1-800-223-8225 www.naturessunshine.com
Product of U.S.A.

Stock No. 4106

Inner packets not intended or
labeled for individual retail sale.

NATURAL CHANGES®

Recommended Use:

Take the contents of one packet with the morning meal and another packet with the evening meal. Drink one glass (8 ounces) of purified water with each packet. This represents a 21 day supply.

WARNING: Accidental overdose of iron - containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**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.*

This carton was sealed for your protection. Do not use if seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.



NATURAL CHANGES®

Menopause & Glandular System Support*



A Twenty-one Day Nutritional Support Program for Women

Dietary Supplement

42 PACKETS
(168 Capsules – 84 Tablets)

NATURAL CHANGES®

During menopause, the body requires more of certain nutrients than other times in life. Natural Changes will assist Mother Nature in providing those necessary nutrients without harmful side effects. Natural Changes contains a unique combination of nutrients to gently replenish the body's supply of health-balancing compounds that are used by the female glandular system during natural changes.*

Each packet of Natural Changes contains:

- C-X (2 capsules) designed to provide herbal support for reproductive glands of mature women.*
- Wild Yam & Chaste Tree (1 capsule) historically used by women during menopause.*
- Super GLA (1 capsule) provides essential Omega 3/6/9 fatty acids, that support the female reproductive system.*

• Skeletal Strength and Nutri-Calm (1 tablet each) are designed to support the structural system and maintain a healthy nervous system.*