

PRODUCT INFORMATION:

One capsule typically provides:
Mexican Wild Yam (*Dioscorea villosa*)
rhizome standardised extract 150mg
Wild Yam (*Dioscorea opposita*) rhizome
standardised extract 200mg

INGREDIENTS:

Wild Yam standardised extract, Mexican
Wild Yam standardised extract, bulking
agent: rice bran; vegetarian capsule:
hydroxypropyl methylcellulose.

DOES NOT CONTAIN:

Artificial colours, flavourings or
preservatives, dairy products, gluten,
lactose, salt, soya, sugar, wheat, yeast.

WARNING:

Not advisable if pregnant or
breastfeeding.

Suitable for vegetarians and vegans.
This product is not tested on animals.

higher nature.



MEXICAN YAM EXTRACT FOR MENOPAUSE

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
capsules

MEXICAN YAM

- ✓ Mexican wild yam helps maintain a calm and comfortable menopause.
- ✓ Concentrated mexican yam extract.
- ✓ Wild yam is a root vegetable used in Asian cooking.

DIRECTIONS:

Take 1-2 capsules a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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