

Menopause can be a bit of a wild ride for many women who begin experiencing hot flashes, mood changes, vaginal dryness and difficulty sleeping. These outcomes are a result of hormone changes in the body.*

- ✓ Black Cohosh & Dong Quai help aid in the relief of mild to moderate hot flashes & vaginal dryness.*
- ✓ Milk Thistle helps promote liver health and balanced hormone levels.*
- ✓ Chamomile helps to promote relaxation and supports healthy sleep habits.*

Suggested Use: Take 1 vegan capsule twice daily with water as needed.

Warning: Use only as directed. Consult your physician before use if you are pregnant or nursing, have a serious medical condition, or use prescription medications. Keep out of reach of children. Food supplements are not a substitute for a varied diet.

*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.

1-866-992-3677

Nested[®]
NATURALS

MENOPAUSE

COMPLETE HERBAL CARE

Herbal Hormone Support to Ease the
Natural Changes During Menopause*

ENDOCRINE*
MOOD*
SLEEP*



DIETARY SUPPLEMENT

60 VEGAN CAPSULES

Supplement Facts

Serving Size: 1 Vegan Capsule
Servings Per Container: 60

Amount per serving	% Daily Value
Dong Quai Root Extract (<i>Angelica Sinensis</i>) 200mg	†
Chamomile Whole Plant Extract 100mg	†
Milk Thistle Seed Extract (<i>Silybum Marianum</i>) (80% Silymarin Flavonoids) 50mg	†
Black Cohosh Root Extract (<i>Cimicifuga Racemosa</i>) 40mg	†
† Daily Value not established	

OTHER INGREDIENTS: RICE FLOUR, VEGETABLE CELLULOSE (CAPSULE).

DISTRIBUTED BY: NESTED NATURALS INC.
301-525 SEYMOUR STREET, VANCOUVER,
BC V6B 3H7

Store in a cool, dry place. Avoid excessive heat.
Do not use if safety seal is broken.

Allergies? We have you covered.

Does not contain wheat, gluten, GMO, soy, dairy, egg, fish, nuts, corn, yeast, shellfish or tree nuts.



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