

PRODUCT INFORMATION:

Two capsules typically provide:

		%NRV*
Vitamin E (179iu)	120mg α -TE	1000
Vitamin C	50mg	63
Niacin (vitamin B3)	20mg NE	125
Vitamin B6	10mg	714
Magnesium	44mg	12
Zinc	5mg	50
Sage leaf 5:1 extract	105mg	
Hesperidin	100mg	
Schizandra berry extract 5:1	50mg	
Siberian ginseng	50mg	
Hops	10mg	
<i>Angelica archangelica</i>	10mg	
Kelp	10mg	
Dandelion	10mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Magnesium citrate, capsule: hydroxypropyl methylcellulose; vitamin E (d-alpha tocopheryl acid succinate), sage leaf extract, hesperidin, vitamin C (magnesium ascorbate), Siberian ginseng, schizandra berry extract, vitamin B3 (nicotinamide), zinc citrate, vitamin B6 (pyridoxal-5-phosphate, pyridoxine hydrochloride), hops powder, angelica root powder, natural kelp†, dandelion root powder, anti-caking agent: magnesium stearate; anti-caking agent: silicon dioxide.

†May not be suitable for people with a fish or crustacean allergy.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, starch, sugar, wheat, yeast.

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

MENOPHASE

Menopause
support



90 capsules
vegetarian and vegan

MENOPHASE FOOD SUPPLEMENT - 90 CAPSULES

- ✓ Vitamin B6 contributes to the regulation of hormonal activity
- ✓ Magnesium and vitamin C contribute to a reduction of tiredness and fatigue
- ✓ With plant extracts including sage, hops and schizandra

DIRECTIONS: Take 2 capsules a day, with a main meal. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING: Not advisable if pregnant, breastfeeding or taking warfarin.

STORAGE: Store in a cool, dry place out of reach of children.

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