



# ProFema™

**MENOPAUSE MULTI**  
12,400 MG OF WHOLE FOOD VALUE  
HELPS REDUCE HOT FLASHES,  
MOOD SWINGS\*

120 TABLETS | 1 MONTH SUPPLY

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 30

|                                                                  | Amount Per Serving | %DV   |
|------------------------------------------------------------------|--------------------|-------|
| Vitamin A (as beta carotene) (7500 IU).....                      | 4500 mcg ...       | 500%  |
| Vitamin C (as ascorbic acid).....                                | 1000 mg ...        | 1111% |
| Vitamin D3 (as VitaShine™ vegan cholecalciferol) (1000 IU) ..... | 25 mcg .....       | 125%  |
| Vitamin E (as d-alpha tocopheryl succinate) (150 IU) .....       | 124.5 mg ....      | 830%  |
| Vitamin K2 (as menaquinone-7) (VitaMK7®) .....                   | 50 mcg .....       | 42%   |
| Thiamine (Vitamin B1) (as thiamine mononitrate) ..               | 30 mg .....        | 2500% |
| Riboflavin (Vitamin B2) .....                                    | 34 mg .....        | 2615% |
| Niacin (as niacinamide, niacin) .....                            | 100 mg .....       | 625%  |
| Vitamin B6 (as pyridoxine HCl) .....                             | 40 mg .....        | 2353% |
| Folate (as L-5-Methyltetrahydrofolate).....                      | 400 mcg .....      | 100%  |
| Vitamin B12 (as methylcobalamin) .....                           | 200 mcg ...        | 8333% |
| Biotin (as d-biotin) .....                                       | 300 mcg ...        | 1000% |
| Pantothenic acid (as d-calcium pantothenate) .....               | 100 mg ....        | 2000% |
| Choline (as Choline bitartrate) .....                            | 100 mg .....       | 18%   |
| Calcium (as Calcium citrate, d-calcium pantothenate).....        | 200 mg .....       | 16%   |
| Iodine (from North Atlantic kelp) .....                          | 150 mcg ....       | 100%  |
| Magnesium (as Magnesium oxide, citrate) .....                    | 200 mg .....       | 47%   |
| Zinc (as Zinc lactate) .....                                     | 15 mg .....        | 136%  |
| Selenium (as Selenium l-methyl selenocysteine) ....              | 150 mcg ....       | 273%  |
| Copper (as Copper sebacate) .....                                | 1.5 mg .....       | 167%  |
| Manganese (as Manganese citrate) .....                           | 2 mg .....         | 87%   |
| Chromium (as Chromium polynicotinate) .....                      | 200 mcg .....      | 571%  |
| Molybdenum (as Molybdenum glycinate) .....                       | 25 mcg .....       | 56%   |
| Potassium (as Potassium citrate) .....                           | 30 mg .....        | <2%   |

|                                                                                                                                                                                                                                                                                                                           | Amount Per Serving    | %DV      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|----------|
| <b>SuperFood Complex</b> .....                                                                                                                                                                                                                                                                                            | <b>908 mg</b> .....   | <b>*</b> |
| Organic Spirulina, Organic Oat grass juice extract, North Atlantic kelp (stem and leaf)                                                                                                                                                                                                                                   |                       |          |
| <b>Herbal Extracts</b> .....                                                                                                                                                                                                                                                                                              | <b>700 mg</b> .....   | <b>*</b> |
| Chaste tree extract (fruit), Kudzu extract (root), Black cohosh extract (root), Dong quai extract (root), Burdock extract (root), Wild yam (root), Asparagus extract (root), Eleuthero extract (root), Fo-ti extract (root), White peony extract (root), Motherwort extract (whole herb), Poria cocos extract (sclerotia) |                       |          |
| <b>Co-Nutrients</b> .....                                                                                                                                                                                                                                                                                                 | <b>440.3 mg</b> ..... | <b>*</b> |
| Gamma oryzanol, Mixed tocopherol complex, Inositol, Octacosanol                                                                                                                                                                                                                                                           |                       |          |
| <b>Bioflavonoids</b> .....                                                                                                                                                                                                                                                                                                | <b>400 mg</b> .....   | <b>*</b> |
| Hesperidin methyl chalcone, Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)                                                                                                                                                                                                   |                       |          |
| <b>Minerals</b> .....                                                                                                                                                                                                                                                                                                     | <b>29 mg</b> .....    | <b>*</b> |
| Ionic Sea Minerals, Boron (as Boron glycinate), Bamboo extract (stem and leaf), Vanadium (as Vanadium glycinate)                                                                                                                                                                                                          |                       |          |
| <b>Digestive Aids/Enzymes</b> .....                                                                                                                                                                                                                                                                                       | <b>27 mg</b> .....    | <b>*</b> |
| Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)                                                                                                                                                                                                                         |                       |          |

\*Daily Value (DV) not established.

**Other Ingredients:** silicon dioxide, croscarmellose sodium, stearic acid, cellulose, l-leucine

VitaMK7® is a registered trademark of Gnosis. BioPerine® is a registered trademark of Sabinsa Corp.

Formulated & Distributed By:

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More than a multiple, ProFema™ is a complete nutritional system for women in their transitional years. It provides perfect potencies of vitamins and minerals, an energy packed superfood complex, adaptogens and superior herbs, and specific menopausal support nutrients.\*

Supports:

- ✓ Immune Function\*
- ✓ Bone Health\*
- ✓ Healthy Stress Response\*

Helps Calm:

- ✓ Hot Flashes\*
- ✓ Mood Swings\*
- ✓ Associated Menopausal Discomfort\*

**Suggested Use:** Two tablets, twice daily, with or between meals.

**Storage:** Keep closed in a cool, dry place.

**Caution:** Keep all supplements out of children's reach. Not intended for use during pregnancy.

**Does NOT Contain:** wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

\* 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.



EXPIRATION & LOT #

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