

Suggested Usage: Take 1 capsule twice daily, or can take 2 capsules right before bedtime.

Herbal Pause™ is a clinically studied herbal blend of pure water extracts of *Phlomis umbrosa*, *Cynanchum wilfordii* and *Angelica gigas*. Herbal Pause™ is intended for women suffering from the discomfort often associated with menopause and peri-menopause.* This herbal combination has demonstrated its ability to relieve hot flashes, night sweats, temporary sleeplessness, nervousness, and difficulty in maintaining a positive outlook related to menopause.*† Herbal Pause™ is an excellent alternative to soy isoflavones and black cohosh.

† 50% of women experienced improvement in at least one menopausal symptom within 7 days of use, with 75% experiencing improvement in at least one menopausal symptom within 14 days.*

Caution: For adults only. Not for pregnant or nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

CODE 3377 V5



Herbal Pause™

Menopause Relief*

- Unique Herbal Extract Blend
- No Soy, Fast Acting*†

60 Veg Capsules



A Dietary Supplement

Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Unique blend of extracts of:	257 mg**
<i>Phlomis umbrosa</i> , <i>Cynanchum wilfordii</i> and <i>Angelica gigas</i> Nakai (Roots)	

** Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Natural color variation may occur in this product.

*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.