

Read the entire label and follow the directions carefully prior to use.
DIRECTIONS: Take one (1) capsule daily in the morning with or without food, or as recommended by a healthcare practitioner.
For optimal benefit, in addition to standardized extracts of hops and plant lignans, Life Extension strongly recommends postmenopausal women take a variety of nutritional ingredients like curcumin, cruciferous vegetable extracts (e.g. sulforaphane, camosic acid), omega-3 fatty acids, vitamin D, and calcium-D-glucarate to support healthy estrogen metabolism and cellular integrity.
This product should not be used in place of or as a substitute for recommendations by your healthcare professional.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.

For optimal potency
use by:

Lot No.:



LifeExtension®

For Longer Life®

Natural Female Support



Symptomatic Support
for Menopausal and
Post-Menopausal Women*

Dietary Supplement
30 Vegetarian Capsules

01221A Rev. 10/08

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Lifenol® Hops (<i>Humulus lupulus</i>) extract (cone) [standardized to 0.12% 8-prenylnaringenin (144 mcg)]	120 mg **
HMRlignan™ Norway spruce (<i>Picea abies</i>) lignan extract (knot wood) [standardized to 90% Hydroxymatairesinol potassium acetate complex (50 mg)]	56 mg **

**Daily Value not established.

Other ingredients: rice flour, hydroxypropyl methylcellulose (capsule), magnesium stearate.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Lifenol® is a trademark of Naturex Inc.

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Manufactured for:
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