

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.

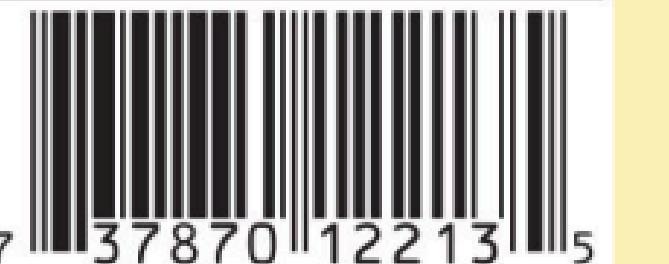
WARNINGS:

- 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.

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Manufactured for:
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