

Menopause SAP™ is used in herbal medicine to help relieve symptoms associated with menopause, such as hot flashes, night sweats and vaginal dryness*. All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

Directions for use: Adults: Take 1 capsule twice daily or as directed by your healthcare practitioner.

Duration of use: Consult a healthcare practitioner for use beyond 3 months. Use for a minimum of 1 week to see beneficial effects.

Contains no: Gluten, soy, wheat, eggs, dairy, yeast, citrus, preservatives, artificial flavor or color, starch, or sugar.

Cautions and warnings: Consult a healthcare practitioner if symptoms persist or worsen. Consult a healthcare practitioner prior to use if you are breast-feeding; if you have a liver disorder or develop symptoms of liver trouble; if you are taking anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants, and/or opiates; or if you have high blood pressure. Avoid prolonged exposure to sunlight, ultraviolet light (UV), or UV therapy.

Contraindications: Do not use if you are pregnant; if you are taking anticancer medications, blood thinners, antidepressants (e.g. selective serotonin reuptake inhibitors [SSRI]), anti-HIV agents, cardiovascular medications, immunosuppressants, and/or contraceptives.

Known adverse reactions: Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. Some people may experience mild gastrointestinal disturbances, nausea, restlessness, and/or headaches.

This product is non-GMO and vegan friendly.

Do not use if seal is broken. Keep out of reach of children.

Color, size and smell may vary from one lot to another.

* 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.



Menopause SAP

Menopause Support*

DIETARY SUPPLEMENT

nfh.ca

60 CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings: 60

	Amount Per Serving	% Daily Value
Black cohosh (<i>Actaea racemosa</i>) rhizome extract, 2.5% triterpene glycosides	20 mg	**
Organic Maca (<i>Lepidium meyenii</i>) powder, providing 0.6% macamides and macaenes	130 mg	**
St. John's wort (<i>Hypericum perforatum</i>) herb top extract (8:1)	140 mg	**
Rhapontic rhubarb (<i>Rheum rhaponticum</i>) root extract, 0.77% rhaponticin	150 mg	**

** Daily Value not established.

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a capsule composed of vegetable hypromellose and purified water.

MADE IN CANADA BY

NFH - NUTRITIONAL FUNDAMENTALS FOR HEALTH INC.

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