

Made with natural, purity-tested ingredients and NO artificial preservatives, colors, flavors or sweeteners.

Integrative Science
Naturally Effective
Peri/Menopausal Health



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To open, press along perforation.

Drug Free



Black Cohosh
Meno-Relief™

Naturally Effective

Hot Flash Relief*

Hormone and Mood Balance*

Gluten-Free | Vegan

60 Tablets | Dietary Supplement

Supplement Facts

Serving Size: 1 Tablet
Serving Per Container: 60

	Amount Per Serving	%DV
Black Cohosh [root]	200 mg	*
Triterpene Glycosides	2 mg	*
Vitex (Chaste Tree) [berry] 2:1 Extract (equivalent to 400 mg of herbal powder)	200 mg	*
Kudzu [root] 4:1 Extract (equivalent to 400 mg of herbal powder)	100 mg	*
Isoflavones	40 mg	*
Alfalfa [leaf] 4:1 Extract (equivalent to 200 mg of herbal powder)	50 mg	*
Vitex (Chaste Tree) [berry] powder	250 mg	*
Red Clover [flower] powder	100 mg	*
Digestive Blend	100 mg	*
Citrus [peel]; Gentian [root]		
Tangerine [peel] Oil	0.5 mg	*
English Lavender [flower] Oil	0.5 mg	*
Valerian [root] Oil	0.5 mg	*

* Daily Value (DV) not established

Other ingredients (natural mineral or vegetable source):
cellulose, vegetable stearine, modified cellulose.
Coating: Vegetable glaze (contains soy).

SUGGESTED USAGE: Take one tablet 1-4 times daily, or as directed by your health care practitioner.

KEEP OUT OF REACH OF CHILDREN. Consult your health care professional prior to use if you are taking medication or have a medical condition.

Formulated & Distributed by **RAINBOW LIGHT NUTRITIONAL SYSTEMS®**
Santa Cruz, CA 95060 ©2014 800.571.4701 www.rainbowlight.com

Meno-Relief is a naturally effective integrative health therapy formulated to deliver a powerful combination of clinically researched ingredients, balanced for complete care. Designed to:

- **Ease common symptoms throughout the menopausal transition** with Black Cohosh and phytoestrogens providing relief from hot flashes, night sweats, vaginal dryness and also to maintain bone health.*
- **Balance hormonal and mood fluctuations** with a powerful blend of herbs traditionally used to promote healthy hormone balance and calm the mood, featuring vitex, valerian and lavender.*

Side benefits not side effects: Restore total-body wellness, safe for everyday use and gentle on the stomach.

Feel the difference guarantee

Vegan. Contains NO: gluten, wheat, milk, tree nuts, peanuts, 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.