

**PRODUCT INFORMATION:**

Two capsules typically provide:

|                              |                    | %NRV* |
|------------------------------|--------------------|-------|
| Vitamin E (179iu)            | 120mg $\alpha$ -TE | 1000  |
| Vitamin C                    | 50mg               | 63    |
| Niacin (vitamin B3)          | 20mg NE            | 125   |
| Vitamin B6                   | 10mg               | 714   |
| Magnesium                    | 44mg               | 12    |
| Zinc                         | 5mg                | 50    |
| Sage leaf extract 5:1        | 105mg              |       |
| Hesperidin                   | 100mg              |       |
| Schisandra berry extract 5:1 | 50mg               |       |
| Siberian ginseng             | 50mg               |       |
| Lemon balm extract 3:1       | 10mg               |       |
| Maca root extract 10:1       | 10mg               |       |
| Kelp                         | 10mg               |       |
| Dandelion                    | 10mg               |       |

\*NRV = Nutrient Reference Value

**INGREDIENTS:** Magnesium citrate, capsule: hydroxypropyl methylcellulose, d-alpha tocopheryl acid succinate (vitamin E), sage leaf extract, hesperidin, magnesium ascorbate (vitamin C), Siberian ginseng root powder, schisandra berry extract, nicotinamide (vitamin B3), zinc citrate, kelp†, dandelion root powder, lemon balm leaf powder, maca root extract, anti-caking agent: magnesium stearate, anti-caking agent: silicon dioxide, pyridoxal-5-phosphate (vitamin B6), pyridoxine HCl (vitamin B6).  
†May not be suitable for people with a fish or crustacean allergy.

**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, starch, sugar, wheat, yeast.

**STORAGE:** Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

# HIGHER NATURE®

LIFE STAGE

## MENOPHASE

Menopause support



90 capsules  
vegetarian and vegan

### MENOPHASE FOOD SUPPLEMENT - 90 CAPSULES

- ✓ Vitamin B6 contributes to the regulation of hormonal activity
- ✓ Magnesium and vitamin C contribute to a reduction of tiredness and fatigue
- ✓ With plant extracts including sage, lemon balm and schisandra

**DIRECTIONS:** Take 2 capsules a day, with a main meal. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**WARNING:** Not advisable if pregnant, breastfeeding or taking warfarin.

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