

PRODUCT INFORMATION:

One capsule typically provides:

Mexican wild yam (*dioscorea villosa*)
rhizome standardised extract 150mg

Wild yam (*dioscorea opposita*)
rhizome standardised extract 200mg

INGREDIENTS: Wild yam extract, Mexican wild yam extract, bulking agent: rice bran; capsule: hydroxypropyl methylcellulose.

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

WARNING: Not advisable if pregnant or breastfeeding.

HIGHER NATURE®

LIFE STAGE

MEXICAN YAM EXTRACT

For menopause



90 capsules
vegetarian and vegan

**MEXICAN YAM EXTRACT
FOOD SUPPLEMENT - 90 CAPSULES**

- ✓ Mexican wild yam helps maintain a calm and comfortable menopause
- ✓ Concentrated Mexican yam extract
- ✓ Wild yam is a root vegetable used in Asian cooking

DIRECTIONS: Take 1-2 capsules a day, with meals. Do not exceed recommended daily intake. A daily multivitamin is also recommended. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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

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This product has not been tested on animals.