

Suggested Use: Take 1 capsule one to two times daily, as a dietary supplement, or as directed by a qualified health care professional.

Caution: Black Cohosh may harm the liver in some individuals. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin).

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

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Dietary Supplement

60 Capsules

*Menopause
Support**

Women's Midlife Formula™

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value**
Vitamin E (as d-alpha tocopheryl succinate)	50 IU 167%
Vitamin B-6 (as pyridoxine HCl)	25 mg 1,250%
Folate (as folic acid)	200 mcg 50%
Magnesium (as magnesium oxide)	100 mg 25%
Zinc (as zinc oxide)	3.75 mg 25%
Copper (as copper gluconate)	0.5 mg 25%
Black cohosh powder (root)	100 mg †
Chasteberry extract (fruit) [Standardized for 0.5% aucubin (500 mcg)]	100 mg †
Dong quai extract (root) [Standardized for 0.8% ligustilides (800 mcg)]	100 mg †
Kava kava extract (root) [Standardized for 30% kavalactones (7.5 mg)]	25 mg †
SoyLife [®] 1 Complex soybean germ (isoflavone concentrate) [3% isoflavones as glucosides (2.5 mg), 4% saponins (3.4 mg)]	85 mg †

† Daily Value not established.

** Percent Daily Values are based on a 2,000 calorie per day diet.

Other Ingredients: Gelatin, rice flour, magnesium

stearate, silicon dioxide.

Contains: Soybeans.

1-SoyLife[®] is a registered trademark of Futarom USA Inc.
Distributed by: Indiana Botanic Gardens, Inc.
3401 W. 37th Ave. Hobart, IN 46342



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.