



## HORMONE HARMONY

The complete natural hormone balancing support for women that adapts to the body's unique needs\*

**BALANCES  
HORMONES\***

RELIEVES MENOPAUSAL SYMPTOMS\*  
REDUCES MOOD SWINGS\*  
ALLEVIATES BLOATING\*

Dietary Supplement  
72 Vegan Capsules

## Supplement Facts

Serving size 3 Capsules

Servings per container 24

|                                                                                                                                                                                                                                                                                                                              | Amount Per Serving | %DV       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------|
| <b>HM5 MenoBalance Complex™</b>                                                                                                                                                                                                                                                                                              | <b>810 mg</b>      | <b>**</b> |
| Maca Root Extract 10:1 ( <i>Lepidium meyenii</i> ) (Root), Broccoli Sprout 20:1 ( <i>Brassica oleracea</i> ), Chile Tree Berry Extract 10:1 ( <i>Vitex agnus-castus</i> ) (Fruit), Ashwagandha Root Extract 25:1 ( <i>Withania somnifera</i> ) (Whole herb), Wild Yam Extract 8:1 ( <i>Dioscorea oppositifolia</i> ) (Root). |                    |           |
| <b>HM4 MenoShred Complex™</b>                                                                                                                                                                                                                                                                                                | <b>775 mg</b>      | <b>**</b> |
| Fennel Seed Powder Extract 10:1 ( <i>Foeniculum vulgare</i> ) (Seed), Berberine HCl 9:1 ( <i>Berberis aristata</i> ) (Root), Gymnema Extract 4:1 ( <i>Gymnema sylvestre</i> ) (Leaf), Rosemary Extract 8:1 ( <i>Rosemarinus officinalis</i> ) (Leaf)                                                                         |                    |           |
| <b>HM3 MenoMood Complex™</b>                                                                                                                                                                                                                                                                                                 | <b>450 mg</b>      | <b>**</b> |
| Chamomile Extract ( <i>Matricaria Chamomilla</i> ) (Flower), American Ginseng Extract 8:1 ( <i>Panax quinquefolius</i> ) (Root), Rhodiola Rosea Extract 10:1 (3% Rosavins + 2% Salidroside) (Root)                                                                                                                           |                    |           |

**\*\*Daily Value (DV) not established.**

Other Ingredients: Hyptomellose, Nu-MAG®, and Nu-FLOW®

Produced in the USA. Suitable for vegetarians and vegans. NO artificial flavours, colours or preservatives, yeast, gluten, nuts, soy, sulfates, dairy or animal products. And free from magnesium stearate.