

Almost out? Call 1-888-303-7061
or visit healthydirections.com

**UNCONDITIONALLY
GUARANTEED** for purity
and potency. To preserve
quality and freshness, store
bottle in a cool, dry place.

Keep out of reach of children.

Due to the nature of these
ingredients, color variation over
time may occur.

Crominex®3+, Capros® and
PrimaVie® are registered
trademarks of Natreon, Inc.

FenuSMART® is a registered
trademark of Akay USA, LLC.

KSM-66® is a registered trademark
of Ixoreal Biomed, Inc.

†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.



LifeBiome Rise



COOL COMFORT™ MENOPAUSE RELIEF

Hot flashes[†] • Night sweats[†] • Sleep[†]
Mood[†] • Memory[†] • Sexual health[†]

Clinical Grade • Doctor Developed

Dietary Supplement

60 Vegan Capsules

Suggested Use: Take 2 vegan capsules once
daily with a meal.

Supplement Facts

Serving Size: 2 Vegan Capsules
Servings Per Container: 30

Amount Per Serving		% DV
Chromium (as Crominex®3+ chromium stabilized with Capros® standardized Amla Extract (fruit), PrimaVie® purified and standardized Shilajit)		
200 mcg	571%	
Ashwagandha Extract (root) (KSM-66®)		
600 mg	*	
Fenugreek Extract (seed) (FenuSMART®)		
500 mg	*	
Black Cohosh Extract (root and rhizome)		
100 mg	*	

*Daily Value (DV) not established.

Other ingredients: Hypromellose, rice flour,
maltodextrin, silica, microcrystalline cellulose

Distributed by Healthy Directions,
Bethesda, MD 20817
www.healthydirections.com

Precautions: Consult a health care practitioner
before use if you are pregnant or nursing, have a
serious medical condition, or use any medications.

SKU: CCM 02 C11000, 2023 R-1

Please see bottom of bottle for
Lot No. and Expiration Date