



ProFema™

MENOPAUSE MULTI
15,800 MG OF WHOLE FOOD VALUE
HELPS REDUCE HOT FLASHES,
MOOD SWINGS*

120 TABLETS | 30 SERVINGS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (7500 IU).....	2250 mcg ...	250%
Vitamin C (as ascorbic acid).....	1000 mg ...	1111%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (1000 IU)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate) (150 IU)	124.5 mg ...	830%
Vitamin K2 (as menaquinone-7) (VitaMK7®)	50 mcg	42%
Thiamine (Vitamin B1) (as thiamine mononitrate) .	30 mg	2500%
Riboflavin (Vitamin B2)	34 mg	2615%
Niacin (as niacinamide, niacin)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	40 mg	2353%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate, glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	200 mcg ...	8333%
Biotin (as d-biotin)	300 mcg ...	1000%
Pantothenic acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as Choline bitartrate)	100 mg	18%
Calcium (as Calcium citrate, d-calcium pantothenate)	200 mg	16%
Iodine (from North Atlantic kelp)	150 mcg	100%
Magnesium (as Magnesium oxide, citrate)	200 mg	47%
Zinc (as Zinc lactate)	15 mg	136%
Selenium (as Selenium l-methyl selenocysteine)	150 mcg	273%
Copper (from Copper gluconate)	1.5 mg	167%
Manganese (as Manganese citrate)	2 mg	87%
Chromium (as Chromium polynicotinate)	200 mcg	571%
Molybdenum (as Molybdenum glycinate)	25 mcg	56%
Potassium (as Potassium citrate)	30 mg	<2%

	Amount Per Serving	%DV
SuperFood Complex	908 mg	*
Organic Spirulina, Organic Oat grass juice extract, North Atlantic kelp (stem and leaf)		
Herbal Extracts	700 mg	*
Chaste tree extract (fruit), Kudzu extract (root), Black cohosh extract (root), Dong quai extract (root), Burdock extract (root), Wild yam (root), Asparagus extract (root), Eleuthero extract (root), Fo-ti extract (root), White peony extract (root), Motherwort extract (whole herb), Poria cocos extract (sclerotia)		
Co-Nutrients	440.3 mg	*
Gamma oryzanol, Mixed tocopherol complex, Inositol, Octacosanol		
Bioflavonoids	400 mg	*
Hesperidin methyl chalcone, Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Minerals.....	29 mg	*
Ionic Sea Minerals, Boron (as Boron glycinate), Bamboo extract (stem and leaf), Vanadium (as Vanadium glycinate)		
Digestive Aids/Enzymes	27 mg	*
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)		

*Daily Value (DV) not established.

Other Ingredients: silicon dioxide, croscarmellose sodium, stearic acid, cellulose, l-leucine

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More than a multiple, ProFema™ is a complete nutritional system for women in their transitional years. It provides perfect potencies of vitamins and minerals, an energy packed superfood complex, adaptogens and superior herbs, and specific menopausal support nutrients.*

Supports:

- ✓ Immune Function*
- ✓ Bone Health*
- ✓ Healthy Stress Response*

Helps Calm:

- ✓ Hot Flashes*
- ✓ Mood Swings*
- ✓ Associated Menopausal Discomfort*

Suggested Use: Four tablets once daily. May be taken with a meal or on an empty stomach. May be taken in divided doses.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach. Not intended for use during pregnancy.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

* 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.



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