

Natural Changes®

RECOMMENDED USE: Take the contents of one Natural Changes® packet with breakfast, and one with your evening meal. Follow this pattern for 21 days.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

This carton was sealed for your protection. Do not use if seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

NATURAL CHANGES® PACKET

Supplement Facts

	Amount Per 1 Packet	%Daily Value
Vitamin A (beta-carotene)	37.5 mcg	4%
Vitamin C (ascorbic acid)	437.5 mg	486%
Vitamin D ₃ (cholecalciferol)	1.25 mcg	6%
Thiamin (Vitamin B ₁ , mononitrate)	20 mg	1667%
Riboflavin (Vitamin B ₂)	20 mg	1538%
Niacin (Nicotinamide)	40 mg	250%
Vitamin B ₆ (pyridoxine hydrochloride)	21.25 mg	1250%
Folate	208 mcg DFE (125 mcg folic acid)	52%
Vitamin B ₁₂ (cyanocobalamin)	41.5 mcg	1729%
Biotin	100 mcg	333%
Pantothenic Acid (D-calcium pantothenate)	80 mg	1600%
Choline (Bitartrate)	13 mg	2%
Calcium (amino acid chelate, dicalcium phosphate, citrate)	150 mg	12%
Iron (ferrous gluconate)	0.75 mg	4%
Phosphorus (dicalcium phosphate)	47 mg	4%
Magnesium (oxide, amino acid chelate)	150 mg	36%
Zinc (oxide)	3.75 mg	34%
Copper (gluconate)	0.5 mg	56%
Manganese (amino acid chelate)	0.25 mg	11%

Potassium (gluconate)	25 mg	1%
Boron (amino acid chelate)	0.25 mg	†
C-X Proprietary Blend	840 mg	†
Dong Quai Root (Angelica sinensis), Blessed Thistle Aerial Parts (Cnicus benedictus), Licorice Root (Glycyrrhiza glabra), Eleuthero Root (Eleutherococcus senticosus), Sarsaparilla Root Extract (Smilax officinalis), Black Cohosh Root & Rhizome Extract (Cimicifuga racemosa), Squawvine Whole Plant (Mitella repens), False Unicorn Root (Chamaedra ciliolata)		
Wild Yam & Chaste Tree Proprietary Blend	210 mg	†
Wild Yam Root and Root Extract (Dioscorea villosa), Chaste Tree Berry Extract (Vitex agnus-castus)		
Super GLA Proprietary Blend	1080 mg	†
Evening Primrose Seed Oil (Oenothera biennis), Black Currant Seed Oil (Ribes nigrum), Boragin Seed Oil (Boragin officinalis)		
Gamma-Linolenic Acid	100 mg	†
Skeletal Strength Proprietary Blend	54 mg	†
Horsetail Stem & Strigulus (Equisetum arvense), Papaya Fruit Concentrate (Carica papaya), Parsley Leaf (Petroselinum crispum), Valerian Root (Valeriana officinalis), Deltaine Hydrochloride, Pomegranate Fruit Juice Concentrate (Annona comosus), Licorice Root Extract (Glycyrrhiza glabra)		
Nutri-Calm Proprietary Blend	140 mg	†
Schisandra Fruit (Schisandra chinensis), Inositol, Bee Pollen, Para-Aminobenzoic Acid (PABA), Lemon Balm Extract, Hop Flowers Extract (Humulus lupulus), Passionflower Flower Extract (Passiflora incarnata), Valerian Root Extract (Valeriana officinalis)		

†Daily Value not established.

Other ingredients: Capsule (gelatin, glycerin, water, carob fruit extract, caramel color), capsule (gelatin, water), cellulose, vegetable stearic acid, silicon dioxide, vegetable magnesium stearate.

Stock # 4106
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C-X

Provides herbal support for the female reproductive system.*

WILD YAM & CHASTE TREE

Historically used by women during menopause.*

SUPER GLA

Provides essential Omega 6 fatty acids, which support the female reproductive system.*

SKELETAL STRENGTH & NUTRI-CALM

Helps maintain structural and neurological health.*



NATURE'S
SUNSHINE



HERBAL EXPERTS *since* 1972

NEW
LOOK!
SAME GREAT
PRODUCT

NATURAL CHANGES® SUPPORT*

During menopause, the body requires more of certain nutrients than during other times in life. Natural Changes® assists Mother Nature in providing these necessary nutrients. Natural Changes® helps replenish the body's supply of vital nutrients used by the female glandular system.*

CONTENTS

Natural Changes® Packet

- 2 C-X capsules
- 1 Wild Yam & Chaste Tree capsule
- 1 Super GLA capsule
- 1 Skeletal Strength tablet
- 1 Nutri-Calm tablet

Natural Changes®

MENOPAUSE & GLANDULAR SYSTEM SUPPORT*

42 PACKETS
168 Capsules, 84 Tablets

21 DAY
PROGRAM



DIETARY SUPPLEMENT

*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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