

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.[®]*



Change-O-Life[®] is a popular blend of seven herbs for supporting women's health.

Recommendation: Take 3 capsules twice daily, preferably with food.

Caution: Do not use if you are pregnant, nursing or have a history of liver disorder. If taking prescription drugs, consult your healthcare practitioner prior to use.

Questions? Call 1-800-9NATURE or visit naturesway.com.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.



PREMIUM

**Nature's
Way**

FORMULA

Change-O-Life[®]

7 Herb Blend



**WOMEN'S
HEALTH**

100 Capsules / Certified 440 mg

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 33

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	1 g	< 1%†
Proprietary Blend	1.32 g (1,320 mg)	**
Black Cohosh (root)		
Sarsaparilla (root)		
Siberian Eleuthero (root)		
Licorice (root)		
Blessed Thistle (stem, leaf, flower)		
Dong Quai (root)		
Pomegranate (seed)		

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: Gelatin (capsule),
Magnesium stearate

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