

PRODUCT INFORMATION

One capsule typically provides:

Mexican Wild Yam (<i>Dioscorea villosa</i>) rhizome standardised extract	150mg
Wild Yam (<i>Dioscorea opposita</i>) rhizome standardised extract	200mg

INGREDIENTS: Wild Yam standardised extract, Mexican Wild Yam standardised extract, bulking agent: rice bran; vegetarian capsule: hydroxypropyl methylcellulose (carrageenan).

DOES NOT CONTAIN: sugar, salt, soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

WITH PLANT STEROLS

HIGH STRENGTH MEXICAN YAM

90 capsules
VEGETARIAN
FOOD SUPPLEMENT

HIGH STRENGTH MEXICAN YAM 90 capsules

DIRECTIONS: Take 1-2 capsules a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Not advisable if pregnant or breastfeeding.

Wild Yam is a root vegetable used in Asian cooking, where it is added to noodles and soups, or eaten as a side dish. It contains vitamins, minerals, fibre, carbohydrate and protein. Wild Yam is a good source of plant sterols, which are thought to contribute to Asian women's good health, especially around the time of the menopause.

This bottle has a UV filter.
Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

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HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK