

PRODUCT INFORMATION

One capsule typically provides:

Mexican Wild Yam (*Dioscorea villosa*) rhizome
standardised extract 150mg

Wild Yam (*Dioscorea opposita*) 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®

CONCENTRATED MEXICAN YAM EXTRACT

90 capsules
VEGAN
FOOD SUPPLEMENT

MEXICAN YAM 90 capsules

MYA090
108

✓ Mexican wild yam helps maintain a calm
and comfortable menopause.

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.

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.

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