

PRODUCT INFORMATION

Two capsules typically provide:		%RDA *
Vitamin E (179iu)	120mg α -TE	1000
Vitamin C	50mg	63
Niacin (vitamin B3)	20mg NE	125
Vitamin B6	10mg	714
(as pyridoxal-5-phosphate and pyridoxine HCl)	5mg	
Magnesium	44mg	12
Zinc	5mg	50
Sage leaf 5:1 extract	105mg	
Hesperidin	100mg	
Schizandra berry extract 5:1	50mg	
Siberian Ginseng	50mg	
Hops	10mg	
<i>Angelica archangelica</i>	10mg	
Kelp	10mg	
Dandelion	10mg	
*RDA = Recommended Daily Allowance		

DOES NOT CONTAIN: sugar, wheat, gluten, 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
SAGE

MENOPHASE

nutritional support for
menopausal stages

30 capsules
VEGAN
FOOD SUPPLEMENT

MENOPHASE

30 capsules

MEP030

108

- ✓ Vitamin B6 contributes to the regulation of hormonal activity.
- ✓ Magnesium contributes to a reduction of tiredness & fatigue.

DIRECTIONS: Take 2 capsules a day, with a main meal, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin and **TRUE FOOD® SOYAGEN®** or **SUPERPOTENCY SOYAGEN®** 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, breastfeeding or taking warfarin.

INGREDIENTS: Magnesium citrate, capsule: hydroxypropyl methylcellulose (carmageenan)*; d-alpha tocopheryl acid succinate, sage leaf 5:1 extract, hesperidin, vitamin C (as magnesium ascorbate), Siberian ginseng, schizandra berry extract 5:1, niacin (as nicotinamide), zinc citrate, vitamin B6 (as pyridoxal-5-phosphate, pyridoxine hydrochloride), hops pdr, angelica root pdr, natural kelp, dandelion root pdr, anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide. *(vegetarian source). pdr = powder

May not be suitable for people with a fish or crustacean allergy. 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.



MEP-050-09

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com