

PRODUCT INFORMATION

Two capsules typically provide:

Vitamin E (179iu)	120mg α -TE	%RDA *
Vitamin C	50mg	1000
Niacin (vitamin B3)	20mg NE	63
Vitamin B6	10mg	125
(as pyridoxal-5-phosphate	5mg	714
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	
Angelica archangelica	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.

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®

WITH
SAGE

MENOPHASE

nutritional support for
menopausal stages

30 capsules
VEGAN
FOOD SUPPLEMENT

MENOPHASE

30 capsules

- ✓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 (carrageenan)*; 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 contain naturally occurring fish and crustacea.

MEP030

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