

#### PRODUCT INFORMATION

Two capsules typically provide:

|                                                  |                    | %RDA* |
|--------------------------------------------------|--------------------|-------|
| Vitamin E (179iu)                                | 120mg $\alpha$ -TE | 1000  |
| Vitamin C                                        | 50mg               | 63    |
| Niacin (vitamin B3)                              | 20mg NE            | 125   |
| Vitamin B6                                       | 10mg               | 714   |
| (as pyridoxal-5-phosphate<br>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.



# HIGHER NATURE®

WITH  
SAGE

## MENOPHASE

nutritional support for  
menopausal stages

90 capsules

VEGAN

FOOD SUPPLEMENT

## MENOPHASE

90 capsules

✓ Vitamin B6 contributes to the regulation of hormonal activity.

✓ Magnesium contributes to a reduction of tiredness & fatigue.

MEP090

**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 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.

**HIGHER NATURE** Burwash Common, East Sussex, TN19 7LX, UK  
[www.highernature.com](http://www.highernature.com)



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