Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		% Daily Value
Vitamin D	1,000 IU	250%
Vitamin E	30 IU	100%
Thiamin	5 mg	333%
Riboflavin	5 mg	294%
Niacin	20 mg	100%
Vitamin B-6	20 mg	1,000%
Folic Acid	400 mcg	100%
Vitamin B-12	25 mcg	417%
Calcium	100 mg	10%
Phosphorus	50 mg	5%
Selenium	70 mcg	100%
Chromium	120 mcg	100%
Sodium	10 mg	<1%
Black Cohosh Extract *(Cimicifuga racemosa)* (root)	80 mg	**
Isoflavones	80 mg	**
Proprietary Herbal Blend (Green Tea Extract *(Camellia sinensis)* (leaf), Date Seed Extract *(Ziziphus jujuba)*, Magnolia Bark Powder *(Magnolia officinalis)* and Cinnamon Extract *(Cinnamomum* spp.) (bark))	400 mg	**
Cranberry Extract *(Vaccinium macrocarpon)* (fruit) (from 12 mg of 25:1 extract)	300 mg	**
Boron	1.5 mg	**

**Daily Value not established.

INGREDIENTS: DICALCIUM PHOSPHATE, KUDZU EXTRACT *(PUERARIA LOBATA)* (ROOT), CALCIUM CARBONATE, CROSCARMELLOSE SODIUM, CELLULOSE (PLANT ORIGIN), BLACK COHOSH EXTRACT, GREEN TEA EXTRACT, CELLULOSE COATING, CROSPOVIDONE, D-ALPHA TOCOPHERYL ACID SUCCINATE, PYRIDOXINE HYDROCHLORIDE, SILICON DIOXIDE, BORON AMINO ACID CHELATE, NIACINAMIDE, VEGETABLE STEARIC ACID, CRANBERRY EXTRACT, TITANIUM DIOXIDE (COLOR), RIBOFLAVIN, THIAMIN MONONITRATE, VEGETABLE MAGNESIUM STEARATE, STARCH, MAGNOLIA BARK POWDER, FD&C YELLOW 5 LAKE, SOY EXTRACT *(GLYCINE MAX)* (BEAN), CHROMIUM AMINO ACID CHELATE, DATE SEED EXTRACT, CINNAMON EXTRACT, FOLIC ACID, SODIUM SELENATE, CHOLECALCIFEROL, CYANOCOBALAMIN, FD&C RED 40 LAKE.

CONTAINS: SOY

SUGGESTED USE: FOR ADULTS, TAKE ONE (1) CAPLET DAILY, PREFERABLY WITH A MEAL.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN.
Store at room temperature (59°-86° F).

SAFETY SEALED: This product is blister packed for your protection. Do not use if any are torn or broken.

Gluten Free

Questions or comments?
1-800-432-3113

MADE WITH PRIDE AND CARE FOR H-E-B®,
SAN ANTONIO, TEXAS 78204
I603

H-E-B®
100% GUARANTEE promise
If you aren't completely pleased with this product, we'll be happy to replace it or refund your money. You have our word on it.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Freshness and potency guaranteed through:

Supplies a more complete holistic approach to helping with menopausal symptoms, providing Black Cohosh, which helps with hot flashes and night sweats.* In addition, Menopause Support helps with the mild mood changes, occasional sleeplessness and day-to-day anxiety associated with menopause.* Menopause Support also provides isoflavones, naturally occurring phytonutrients for additional support.*

H-E-B®

Menopause Support

Maximum Strength

DIETARY SUPPLEMENT

HELPS WITH HOT FLASHES AND NIGHT SWEATS*

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28 CAPLETS

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