

# Meno-Breeze®

## Enhances Female Endocrine Balance\*

- Eases the transition through menopause\*
- Supports female reproductive health\*
- Nourishes bone and tissue health\*

Meno-Breeze® addresses endocrine issues generated by the onset of menopause by incorporating standardized herbal extracts from different traditional medical systems including Ayurveda, Traditional Chinese Medicine (TCM) and Western herbology. It is formulated to promote a healthy balance of progesterone and estrogen, which results in an improvement in the luteal phase of the menstrual cycle. This hormone balancing effect reduces menopausal or premenstrual symptoms and also helps support reproductive health.\*



## Supplement Facts

Serving Size: 3 capsules  
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Shatavari ( <i>Asparagus racemosus</i> ) Root Ext.	270 mg	*
Chinese Yam ( <i>Dioscorea oppositifolia</i> ) Root Ext.	240 mg	*
Chaste ( <i>Vitex agnus-castus</i> ) Berry Ext.	240 mg	*
Rehmannia ( <i>Rehmannia glutinosa</i> ) Root Ext.	240 mg	*
Black Cohosh ( <i>Cimicifuga racemosa</i> ) Root and Rhizome Ext.	240 mg	*
Hops ( <i>Humulus lupulus</i> ) Flower Ext.	60 mg	*
Eucommia ( <i>Eucommia ulmoides</i> ) Bark Ext.	60 mg	*
Red Clover ( <i>Trifolium pratense</i> ) Tops Ext.	60 mg	*
Polygonum multiflorum Root Ext.	60 mg	*
Licorice ( <i>Glycyrrhiza glabra</i> ) Root Ext.	30mg	*

\* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

DOES NOT CONTAIN: Wheat, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts

Available in 90 capsules

SUGGESTED USE: 3 capsules daily or as directed by your healthcare practitioner

## FEATURING

### Shatavari

Shatavari, traditionally referred to as the “Queen of Herbs”, is the primary herb used for female health and is revered as one of the most powerful rejuvenating herbs in Ayurvedic medicine. A moistening herb, Shatavari is recommended for many of the conditions affecting the female reproductive system including mild mood changes and irritability associated with the menstrual cycle.\*

### Chinese Yam

The roots of Chinese Yam contain diosgenin, a phyto-estrogen that can be converted into progesterone. It is indicated in the management and relief of symptoms associated with the menstrual cycle and menopause such as mild menstrual cramps, low libido and temporary edema.\*

### Chaste Tree

Chaste Tree has a rich tradition of use in the maintenance of a healthy reproductive system dating back over 2500 years to the days of Hippocrates. Modern research has validated its use and it has become a therapy of choice by European gynecologists for the treatment of mild symptoms associated with the menstrual cycle and menopause, including mild mood changes, cramping and hot flashes.\*

### Rehmannia

Rehmannia is a premier herb in TCM to nourish and ease women through the transition of menopause. TCM uses this moistening herb to nourish the Yin, Blood and Essence components that are traditionally supported to alleviate mild symptoms associated with the menstrual cycle and menopause.\*

### Black Cohosh

Originally used as an herbal remedy by Native Americans, modern clinical studies using Black Cohosh extract demonstrate its efficacy in alleviation of menopausal symptoms including hot flashes, mild muscle cramping, dryness, and occasional sleeplessness.\*

### Hops

Hops flower extract is rich in prenylflavonoids including 8-PN, a natural phytoestrogen that helps balance hormonal function during menopause. Hops is a traditional herb in many cultures found to promote relaxation and support hormonal system balance.\*

\*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.



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Our specialty ingredients are certified by analysis for purity and potency, and this product is manufactured under current Good Manufacturing Practices (cGMP).



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