Menopause One ™ Multivitamin

available in 30 & 90 sizes



Menopause One ™ is a holistic, whole body formulation that supports long-term health, addresses all the systems of a woman s body affected by menopause and increases vitality for a difference you can feel in just one tablet a day. Featuring standardized black cohosh, the menopause herb , plus non-GMO soy extract and ginkgo, the mind herb .

JUST ONCE LINE

MULTIVITAMINS

PRODUCT LIST

Supplement Facts
Serving Size 1 Tablet

	One Tablet Provides	%DV
Vitamin A (Palmitate)	3,500 IU	70%
Vitamin A (as Beta-Carotene)	1,500 IU	30%
Vitamin C (Ascorbic Acid)	150 mg	250%
Vitamin D3 (Cholecalciferol)	400 IU	100%
Vitamin E (d-alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (Phytonadione)	100 mcg	125%
Thiamin (Vitamin B-1)	30 mg	2000%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacinamide (Vitamin B-3)	30 mg	150%
Pyridoxine (Vitamin B-6)	30 mg	1500%
Folic Acid	800 mcg	200%
Cyanocobalamin (Vitamin B-12)	100 mcg	1667%
Biotin	200 mcg	67%
Pantothenic Acid (Vitamin B-5)	30 mg	300%
Calcium (Carbonate, Citrate-Malate)	200 mg	20%
Magnesium (Oxide)	50 mg	13%
Zinc (Citrate)	10 mg	67%
Selenium (Selenomethionine, Amino Acid Chelate)	200 mcg	286%
Copper (Amino Acid Chelate)	1 mg	50%
Manganese (Citrate)	5 mg	250%
Chromium (Amino Nicotinate)	200 mcg	167%
Molybdenum (Amino Acid Chelate)	100 mcg	133%
Plant-Source Digestive Enzymes		
Protease	664 HUT	*
Amylase	226 DU	*
Lipase	2 LU	*
Cellulase	3 CU	*
Other Dietary Ingredients		
Betaine HCl	20 mg	*
Citrus Bioflavonoids	25 mg	*
Boron (Glycinate)	2 mg	*
Choline (Bitartrate)	25 mg	*
Superfood & MenoEase Complex		
Spirulina	75 mg	*
Black Cohosh [rhizome] 4:1 Extract (standardized to 2.5% Triterpene Glycosides) (equivalent to 160 mg HPE†)	40 mg	*
Ginkgo [leaf] 50:1 Extract (standardized 24/6) (equivalent to 1,500 mg HPE)	30 mg	*
Non-GMO Soy Extract (standardized to 2.5% Isoflavones)	25 mg	*

* Daily Value (DV) not established.
† HPE = Herbal Powder Equivalent.

Other ingredients (all natural mineral and plant-based): cellulose, stearic acid (vegetable), modified cellulose, silica, magnesium stearate. Coating: vegetable food glaze.

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