

LABEL

Peel back information

**Supplement Facts**  
**Serving Size 2 Capsules per day**  
 Take with food and a glass of water

	Amounts Per Serving	% EU NRV
Vitamin A (as β-Carotene & Vit A conc.)	400µg	50%
Vitamin D3	20µg	400%
Vitamin E	24mg α-TE	200%
Vitamin K2 (as MK-7)	50µg	67%
Vitamin C	80mg	100%
Vitamin B1 (Thiamine Hcl)	1.1mg	100%
Vitamin B2 (Riboflavin)	1.4mg	100%
Vitamin B3 (Niacin)	16mg NE	100%
Vitamin B5 (D-Calcium Pantothenate)	12mg	200%
Vitamin B6 (Pyridoxine Hcl)	5mg	357%
Vitamin B12 (as Cyanocobalamin)	10µg	400%
Folate	200µg	100%
Biotin	50µg	100%
Calcium	200mg	25%
Magnesium	100mg	27%
Iron	7mg	50%
Zinc	10mg	100%
Copper	0.5mg	50%
Manganese	1mg	50%
Selenium	75µg	136%
Chromium	60µg	120%
Molybdenum	50µg	100%
Iodine	150µg	100%
Soya Isoflavones	50mg	N/A
Sage	50mg	N/A
Ashwagandha Root Extract	300mg	N/A

**VEGETOLOGY™**

# MENOPAUSE

**SUPPORT THROUGH  
PERIMENOPAUSE  
& MENOPAUSE**

**23 VITAMINS & MINERALS  
WITH SOY ISOFLAVONES,  
SAGE & ASHWAGANDHA**

60 CAPSULES
30 DAY SUPPLY

FOOD SUPPLEMENT

[vegetology.com](http://vegetology.com)

**Nutritional Facts:** Figures as per United States FDA guidelines.  
 Servings: 60. **Serv. size: 2 capsules**, Amount per serving:  
**Calories** 0.4, **Total Fat** 0.01g (0.01% DV), **Sat. Fat** 0.01g (0.05% DV), **Trans Fat** 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 0mg (0.0% DV), **Total Carb.** 0.0g (0.0% DV), **Fibre** 0.13g (0.46% DV), **Total Sugars** 0.00g (Incl. 0.00g Added Sugars, 0.00% DV), **Protein** 0.00g (0.00% DV), **Vit D** 20µg (200% DV), **Calcium** 200mg (15% DV), **Iron** 7mg (39% DV), **Potas.** 0g (0% DV).

**Allergy advice:** Free from gluten, sugar, wheat & dairy.

**Warning:** Store in a cool dry place, out of reach of children. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated dose.

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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Peel back for more information

## MENOPAUSE

Vegetology Menopause is a balanced and optimised multivitamin scientifically formulated to provide nutritional support during and after the menopause. It contains 23 vitamins and minerals together with Soy Isoflavones and Active Botanicals to help with the effects of menopause including mood changes, weak bones, and energy levels. It has been designed to enable optimum absorption and bioactivity of each nutrient in the body.

**Key Benefits**  
 The nutrients in Vegetology Menopause contribute to:

- the regulation of hormonal activity
- normal functioning of the nervous system
- the reduction of tiredness and fatigue
- normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin, and teeth
- the maintenance of normal bones, teeth, hair, skin, nails, muscle function and vision
- normal psychological function, cognitive function, and mental performance

**Ingredients:** Calcium Carbonate, Ashwagandha Root Extract, Vegetable Capsule Shell (Hydroxypropylmethyl Cellulose), Magnesium Oxide, Soy Isoflavone Extract, Ascorbic Acid, Sage Leaf Extract, Ferrous Bisglycinate, Maltodextrin, Zinc Citrate, D-alpha Tocopherol, Nicotinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin K2, Manganese Sulphate, Copper Sulphate, Thiamine Mononitrate, Retinyl Acetate, Riboflavin, Chromium Chloride, Folate, Potassium Iodide, Sodium Selenite, Sodium Molybdate, D-Biotin, Vitamin D (Medium Chain Triglyceride), Arabic Gum, Sodium Ascorbate, Cholecalciferol, Cyanocobalamin, Bamboo Extract.

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Bottle is made with eco-plastic from sugar cane. It is CO2 neutral, 100% recyclable and 100% biodegradable in under 10 years.