

# MENOPAUSE MULTIPLE™

*Comprehensive Multiple for Women in Menopause*

Menopause involves much more than hot flashes and mood swings. This time of transition places unique nutritional demands on women's multiple body systems. MENOPAUSE MULTIPLE offers daily support for your hormonal, musculoskeletal and cardiovascular systems, liver, antioxidant defense and energy generation.



	Musculoskeletal System	Heart & Circulation	Hormonal Regulation	Liver Support	Antioxidant Defense	Energy Generation
ACTION	<p>During and after menopause, a woman's hormonal balance and biochemistry change. Lower estrogen levels may affect bone density. Phytonutrients and calcium are important to <b>maintain healthy bones in postmenopausal women</b>. Calcium and magnesium work together in the metabolism of bone.</p>	<p>Menopause increases concern for the health of the heart and circulatory system. Soy isoflavones and other ingredients may also <b>help maintain healthy cholesterol levels</b>. To regulate homocysteine levels for cardiovascular health, vitamins B-6, B-12, and folic acid are critical.</p>	<p>Hot flashes are related to hormone levels. As estrogen declines, FSH and LH (follicle-stimulating and luteinizing hormones) increase, causing blood capillaries to dilate. This brings more blood and higher temperatures to the skin. Soy isoflavones and other herbs can <b>mimic the effects of estrogen</b>. Support for the adrenal glands is important since they account for most estrogen production after menopause.</p>	<p>Among its many functions, the liver has the important job of promoting hormonal balance by processing excess levels of hormones. The powerful antioxidant, <i>N</i>-acetyl cysteine, <b>helps the liver detoxify chemicals</b>.</p>	<p>Antioxidants <b>help protect the circulatory system</b>, which is important as estrogen declines. Antioxidants also defend tissues and cell membranes in all your body systems from free radicals, which are formed during normal cellular metabolism.</p>	<p>The fatigue that is common during menopause makes <b>nutritional support for energy and metabolism</b> especially important. Metabolism can influence weight, energy levels, and mood.</p>
CONTENT	<p>Black Cohosh, Chasteberry, Dong Quai, Soy Isoflavones, Boron, Calcium, Magnesium, Manganese, Zinc, Vitamins A, B-6, C &amp; D</p>	<p>Coenzyme Q10, Dong Quai, Ginkgo Biloba, Licorice, Soy Isoflavones, Taurine, Calcium, Chromium, Magnesium, Vitamins B-6, B-12, C &amp; E, Beta Carotene, Folic Acid</p>	<p>Black Cohosh, Chasteberry, Dong Quai, Licorice, Soy Isoflavones, Taurine, Boron, Chromium, Vitamins B-5, C &amp; D</p>	<p>Coenzyme Q10, <i>N</i>-Acetyl Cysteine, Dandelion, Licorice, alpha-Lipoic Acid, Silymarin, Selenium, Vitamins B-2, B-5, B-6, C &amp; E, Biotin</p>	<p>Coenzyme Q10, <i>N</i>-Acetyl Cysteine, Ginkgo Biloba, alpha-Lipoic Acid, Silymarin, Selenium, Zinc, Vitamins A, C &amp; E, Beta Carotene</p>	<p>Coenzyme Q10, alpha-Lipoic Acid, Magnesium, Manganese, Vitamins B-1, B-2, B-5, B-6 &amp; B-12, Biotin, Folic Acid, Niacinamide</p>

