



Naka Products

Meno Ease: Available in 150 Caps

Product benefits by category:

- GOLD** Women's Health.
- BRONZE** Athletic Performance, General Prevention.



For many women menopause is associated with a lot of discomforts including; hot flashes, mood swings and headaches. MENO Ease offers an effective combination of traditional herbs formulated to help you get through your day with ease.

Directions:
Take 1 capsule 3 times a day with each meal or as directed by a professional.

Ingredients:
Each gelatin capsule contains:
Wild Yam Root Ext. 4:1 68 mg
Wild Yam Root Powder 50 mg
Black Cohosh Root 75 mg
Black Cohosh 4:1 75 mg
Dong Quai 1% (10:1) 135 mg
Blessed Thistle 25 mg
Red Clover Extract 8% 50 mg
Soy Powder 38 mg

Women's Formula: Available in 60 Caps

Product benefits by category:

- GOLD** PMS, Women's Health.
- SILVER** Athletic Performance, Fatigue & Low Energy, Mood.
- BRONZE** Anti-aging, General Prevention.

Looking for relief from the symptoms of PMS and MENOPAUSE? Women's Formula combines scientifically researched medicinal herbs and a synergy of traditional herbs to combat mood swings, bone mass loss, cramps, night sweats, hot flashes, low sex drive and vaginal dryness.

Directions:
Take two capsules daily with meals; one in the morning and one in the evening or as directed by a health professional.

Ingredients:
Each gelatin capsule contains:
Medicinal ingredients:
Black Cohosh (*Cimicifuga racemosa*) Ext. 6:1 720 mg
(120 mg of the extract is equivalent to 720 mg crude herb.)
Dong Quai Root (*Angelica sinensis*) Ext. 4:1 160 mg
(40 mg of the extract is equivalent to 160 mg crude herb.)
Chaste Berry (*Vitex agnus-castrus*) Ext. 4:1 100 mg
(25 mg of the extract is equivalent to 100 mg crude herb.)
Non-medicinal ingredients:
Wild Yam Root extract, Red Clover Flower Extract, Liquorice Root, Schizandra Berry Extract, Siberian Ginseng Root and Isoflavone.

