



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 care professional.

Medicinal ingredients: Each gelatin capsule contains:

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, licorice root, schizandra berry extract, siberian ginseng extract, magnesium stearate, gelatin capsule, and soy isoflavones.

