



# Meno Joy™

## Regulation of hormonal balance

### Meno Joy™

Menopause is a natural stage of life that every woman goes through. Meno Joy™ provides nutritional support during this period of change. The Meno Joy™ tablet is based on a combination extract of hops and red clover which provides a variety of natural isoflavone types. Red clover helps coping with typical signs associated with menopause, such as hot flushes and irritability. Meno Joy™ also includes natural extracts of damiana, magnesium and B-vitamins. Magnesium and B-vitamins contribute to normal function of the nervous system and the reduction of tiredness and fatigue.

### Hops

Hops, are the female flowers of the hop plant, *Humulus Lupulus*. The hop plant is native to Northern Europe and North America. Hops have been used for centuries in beer production due to its characteristic bitterness. In 1953 the scientists, Kock and Heim, found that hops possess plant-estrogenic activity. The hops used in this tablet are picked, dried and extracted to concentrate and standardise their variety and content of isoflavones.

**Meno Joy™ is available in a 60 tablet pack. For more information call 0800 389 1255 or purchase online at [www.newnordic.co.uk](http://www.newnordic.co.uk)**



## RECOMMENDED DAILY DOSES

2 tablets per day or immediately after any main meal.  
Use for a minimum of 2 weeks.

Food supplements are intended to supplement the diet and should not substitute a varied diet or healthy lifestyle. **Do not exceed the stated dose. Caution:** Seek professional advice before taking if you are pregnant, breast feeding or suffer from allergies. **Warnings:** Not suitable for children under 12 years of age. Not suitable for vegans or vegetarians.

## CONTENTS PER DAILY INTAKE OF 2 TABLETS PER DAY

Red clover flower extract ( <i>Trifolium pratense</i> , L.) Standardised to 8% isoflavones	624 mg
Hops cone extract ( <i>Humulus lupulus</i> , L.)	100 mg
Damiana arial part extract ( <i>Turnera diffusa</i> , L.) 5:1 equivalent to 1250 mg dried herb	250 mg
Vitamin D	6 µg
Thiamin (B1)	1,1 mg
Riboflavin (B2)	1,4 mg
Niacin	16 mg
Vitamin B6	1,4 mg
Folic acid	200 µg
Vitamin B12	2,5 µg
Biotin	50 µg
Pantothenic acid	6 mg
Magnesium	124 mg

