

**UK Product Name** Menopause Support 2 tablets (MA939) **Code Name** MA0939  
**Availability** Stock item in UK

**Description** For a comfortable menopause with stable emotions, circulation and temperature balance. Menopause Support 2 (MS2) is used to support the action of Menopause Support 1 (MS1). MS2 is particularly useful for balancing Pitta related factors such as temperature balance and blood flow.

**Menopause made easy**

Midlife changes can happen gracefully, without discomfort. Symptoms such as mood swings, hot flashes and loss of bone density are related to imbalances in the body, caused by a build-up of digestive impurities. Our midlife formulas help maintain balance and support the functions related to menopause, make the transition smooth and easy.

Golden Transition 2 helps stabilise emotions, support circulation and moisture balance in the body. It helps to keep the channels in the body open so that temperature balance is easily maintained. Use it in conjunction with Golden Transition 1 during the time leading up to menopause (perimenopause).

**Herbal Masterpiece**

The herbs in both the Golden Transition formulas are combined in precise proportions and prepared in the traditional ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy — the collective benefit is much greater than that of isolated, individual herbs.

-Myrrh and Silk Cotton Tree help nourish the uterus. Mango Kernel, Silk Cotton Tree and Myrrh help balance and regulate uterine blood flow.

-Amla helps nourish all the tissues and enhances the bioavailability and absorption of calcium.

## Ingredients

| Botanical Name               | Common Name       | Plant Part         | Rank | %     | Quantity(mg/500mg) |
|------------------------------|-------------------|--------------------|------|-------|--------------------|
| Embllica officinalis Gaertn. | Amla              | fruit rind         | 1    | 21.25 | 106.3              |
| Commiphora myrrha (Nees),    | Myrrh             | exudate            | 1    | 21.25 | 106.3              |
| Woodfordia fruticosa (Linn.) | Fire Flame Bush   | flower             | 3    | 10.62 | 53.1               |
| Salmalia malabarica Schott.  | Silk Cotton Tree  | exudate            | 3    | 10.62 | 53.1               |
| Mesua ferrea Linn.           | Cobra's Saffron   | flower             | 3    | 10.62 | 53.1               |
| Mangifera indica Linn.       | Mango             | kernel             | 3    | 10.62 | 53.1               |
| Aegle marmelos Corr.         | Bael              | fruit pulp         | 7    | 4.75  | 23.8               |
| Cissampelos pareira Linn.    | Velvet Leaf       | whole plant extra  | 8    | 3.91  | 19.6               |
| Eugenia jambolana Lam.       | Java Plum         | seed extract       | 9    | 2.23  | 11.2               |
| Glycyrrhiza glabra Linn.     | Liquorice         | root extract       | 10   | 1.68  | 8.4                |
| Acacia arabica Willd.        | Gum Arabic        | excipient, binder  | 11   | 1.95  | 9.8                |
| Calcii carbonas              | Calcium carbonate | excipient, lubrica | 12   | 0.49  | 2.5                |

**Contraindications/Precautions** May cause a little constipation - if so take 1 tablet of Herbal Cleanse at bedtime.

**Over dose and its Management** An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.

**Side Effects and Interactions** None known

## Usage

**Age Group** Adult

**Dosage Form** 500mg tablet

**Method of Use** Take 1-2 tablets twice daily with water. Reduce to 1 tablet per day after 3 months. Make sure digestion and elimination are good.

**How Long to Continue Use?** As recommended in the General Information leaflet.

**Specific Dietary/Lifestyle Advice** Maintain a regular routine. Daily warm oil massage is recommended. Eat fresh fruits especially strawberries and apples; and freshly cooked warm food.

## Presentation

**Presentation** 60 tablets in an amber PET pot with t/e lid

**Net Weight grams** 30

**Storage** Store in a cool, dry, dark place, tightly closed

**Shelf Life (months)** 36



## Public Information

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**Regulatory Status**

Food Supplement