

UK Product Name Menopause Support 1 tablets (MA3938) **Code Name** MA3938
Availability Stock item in UK

Description An excellent general purpose preparation for a comfortable menopause. Comfort during menopause is largely determined by how balanced the body is leading up to menopause (perimenopause). For best results start taking it before perimenopausal changes start.

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 1 helps the body both before and during menopause. Taken in advance, it prepares the body by supporting the efficient elimination of impurities.

Herbal Masterpiece

The herbs in 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.

- Dry Ginger and Pepper aid bioavailability.
- Lodha Tree and Sensitive Plant help nourish the uterus and help balance Apana Vata (the downward flow of energy), Ranjaka Pitta (healthy blood and liver function) and Bhrajaka Pitta (the skin).
- Arjuna helps balance the emotions.
- Amla nourishes all the tissues and helps the body absorb calcium effectively.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Emblca officinalis Gaertn.	Amla	fruit rind	1	18.05	180.5
Vitis vinifera Linn.	Grape	fruit	1	18.05	180.5
Saraca asoca (Rosc.) W.J de	Asoka	bark	3	6.05	60.5
Cassia angustifolia Vahl.	Tinnevelly Senna	leaf	3	6.05	60.5
Chaerophyllum acuminatum	Ateesh Meetha	root	3	6.05	60.5
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	3	6.05	60.5
Bergenia ciliata (Haw.) Stern	Stone Crusher Plant	root	3	6.05	60.5
Piper nigrum Linn.	Black Pepper	fruit	3	6.05	60.5
Terminalia arjuna W. & A.	Arjuna	bark	3	6.05	60.5
Zingiber officinale Rosc.	Ginger	rhizome	3	6.05	60.5
Symplocos crataegoides Buc	Lodhra	bark extract	11	4.2	42.0
Mimosa pudica Linn.	Sensitive Plant	whole plant extra	12	3.6	36.0
Glycyrrhiza glabra Linn.	Liquorice	root extract	13	2.97	29.7
Cyperus rotundus Linn.	Nut grass	tuberous root ext	14	1.23	12.3
Acacia arabica Willd.	Gum Arabic	excipient	15	2.05	20.5
Calcii carbonas	Calcium carbonate	excipient	16	0.97	9.7
Talcum	Talc	excipient:lubrica	17	0.48	4.8

Contraindications/Precautions Not recommended in cases of intestinal obstruction and stenosis, atony, appendicitis, inflammatory colon disease (Crohn's, ulcerative colitis), abdominal pain of unknown origin, severe dehydration.

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 women in midlife
Dosage Form 1000mg tablet
Method of Use Take 1-2 tablets 2-3 times daily with water
How Long to Continue Use? May be continued after menopause..
Specific Dietary/Lifestyle Advice

UK Product Name	Menopause Support 1 tablets (MA3938)	Code Name	MA3938
Availability	Stock item in UK		
Presentation			
Presentation	In an amber PET pot with T/E lid		
Net Weight grams	60		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	36		
Regulatory Status	Food Supplement		