

MENOPAUSE SHOWCASES

ORGANIC MACA EXTRACT



Certified organic, full-spectrum, genuinely Peruvian-grown Maca (*Lepidium meyenii*) in a high potency extract. Each capsule contains 400mg of Organic Peruvian Maca root extract, equivalent to 1600mg dry whole root. Part of the 200+ range from the ethical vitamin company, Viridian Nutrition, founded on the principles of Purity, the Environment and Charity. Dedicated to the continued success of the specialist health food store.

For more information call 01327 878050 or visit www.viridian-nutrition.com

FSC EVENING PRIMROSE OIL

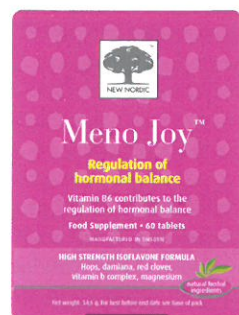


A rich source of GLA (Gamma Linolenic Acid) in a convenient capsule form. GLA is a precursor of Prostaglandins, which are hormone-like substances known to have important biological functions. Expressed without the use of chemical solvents or additional heat from the seeds of the evening primrose flower, this precious oil is carefully encapsulated with natural source antioxidant Vitamin E. As with all FSC supplements, FSC Evening Primrose Oil 1300mg is made in the UK with the finest ingredients and based on widely recognised scientific evidence of their health qualities.

For more information call 0800 083 0356 or visit www.fscsupplements.com

MENO JOY – SUPPORT DURING A PERIOD OF CHANGE

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 the typical signs associated with menopause, such as hot flushes, sweating, restlessness and irritability. Meno



Joy also includes natural extract of damiana, magnesium, and B-vitamins. Magnesium and B-vitamins contributes to normal function of the nervous system and the reduction of tiredness and fatigue. During menopause, a woman's ovaries produce less estrogen and progesterone. Vitamin B6 further contributes to the regulation of hormonal activity.

For more information call 0800 389 1255 or visit www.newnordic.co.uk

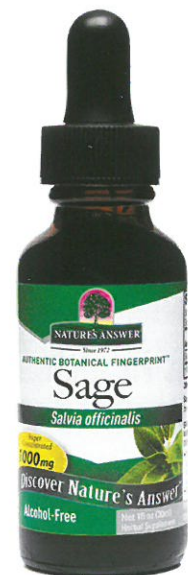
YES VM - VAGINAL MOISTURISER

YES VM is side-effect free, certified organic, hypoallergenic and free from hormones, glycerine, parabens and known skin irritants. YES VM is a pure and natural, long-lasting iso-osmotic vaginal moisturiser that is matched to vaginal pH and hydrates intimate tissues as needed, providing natural relief from symptoms of vaginal dryness, menopausal vaginal atrophy and painful sex. When used regularly, YES VM will restore the natural protective acidity of the vagina which also helps protect against bacterial and thrush infections. YES VM is compatible with natural rubber latex and polyisoprene condoms and is available in 100ml tube (RRP: £9.99), packs of 6 single-use applicators (RRP: £11.99) and is also available on UK NHS prescription.

For more information call 01420 538 743 or visit www.yesyesyes.org



DISCOVER NATURE'S ANSWER



Liquid sage is absorbed faster than tablets or capsules and is more potent than tinctures. Holistically Balanced™ by Nature's Answer guarantees that the constituents of the extract are in the same synergistic ratios as in the plant. Each serving of Nature's Answer Sage delivers 1,000mg of pure sage leaf extract. Sage is authentic, safe and effective.

For more information or to order visit www.kinetic4health.co.uk, email: sales@kinetic4health.co.uk or call 08450 725 825.



LithoLexal® Marine Plant Extract



NEW GENERATION of Natural Products for Strong and Healthy Bones & Joints

8.5 MILLION PEOPLE IN THE UK ARE AFFECTED BY JOINT PAIN
ATTRIBUTED TO OSTEOARTHRITIS

LithoLexal® - A NEW unique, highly bioavailable Marine Plant Extract with 25 published scientific and clinical studies in the last 17 years.

Clinically formulated to:

- Reduce the loss of bone mineral in post menopausal women
- Support bone strength and health
- Improve collagen and cartilage formation and joint function
- Inhibit inflammation associated with osteoarthritis
- Maximises absorption and bioavailability of calcium
- Helps maintain a healthy Bone Rebuilding Cycle



ELEMENTAL
MAINTAIN
STRUCTURE
STRENGTH

1 MONTH SUPPLY
60 TABLETS
Food supplement with
2188 mg LithoLexal®
Calcium
Vitamin D



OSTEOPOROTIC
BONE MINERAL
DENSITY
STRENGTH

1 MONTH SUPPLY
60 TABLETS
Food supplement with
2500 mg LithoLexal®
4.4 mg Vericalexal®
Calcium, Magnesium and Vitamin D



ADVANCED
FORMATION
FLEXIBILITY
STRENGTH

1 MONTH SUPPLY
60 TABLETS
Food supplement with
1875 mg LithoLexal®
10 mg Vericalexal®
Vitamin C and Manganese

WINNER
HEALTHY AGEING AWARD
INGREDIENT OF THE YEAR 2016

For more information:
www.litholexal.co.uk
or call Ben Mountford on
01782 793050