



## Name 90-day Menopause Programme

### Caps

#### Code Name

MNP-C3 90-day Menopause Programme with Capsules

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code MNP-C1 which attracts no discount.

#### Area concerned

Menopause, female hormone system

#### Ingredients

Each 30-day pack includes:

200 *Femaron 40+ Capsules*

100 *Liv Capsules*

A tub of *Fem Rep Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

#### Description Applies to both programmes

The **Menopause Programme** has been designed to give thorough support to the whole female hormone system and is particularly used by menopausal women. It includes our own *Femaron 40+*, a herbal formula with a very successful track record. Additionally, it includes *Liv Capsules* or *Drops* for liver support. Helping the liver has been found to be most helpful at this time, as the liver is closely involved in hormonal balance. The final product in the programme, *Fem Rep Tea*, adds further help for the hormone system.

These herbs, and lifestyle measures, have helped thousands of women since author *Leslie Kenton* recommended us in her book *Passage to Power*. Many of them have shared with us their experience of the **Menopause Programme**, which is why we can recommend it so strongly.

#### Standard use

2 capsules of each of the encapsulated products, or 25-30 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of *Fem Rep Tea* a day. The pot of tea can be made at any time convenient for you.

#### How long to take it for

We recommend taking this programme initially for 3 months (90 days). Many women choose to repeat it to make a total of 6 months. Thereafter, some women find they have had enough; others like to continue with a low level of *Femaron 40+* for an extended period.

#### Cautions

Do not take if pregnant or nursing.

### Caps

### Drops

#### Code Name

MNP-D3 90-day Menopause Programme with Drops

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code MNP-D1 which attracts no discount.

#### Area concerned

Menopause, female hormone system

#### Ingredients

Each 30-day pack includes:

100ml *Femaron 40+ Drops*

50ml *Liv Drops*

A tub of *Fem Rep Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

#### Why use the Menopause Programme?

Very many women of menopausal age have used this programme and have been extremely pleased with it.

We recommend a 90-day programme, followed by a second 90-day programme if desired. Some women want to continue for a few extra months with the *Femaron 40+*; others find 90 days is enough for them. You have to see what suits you.

There are a number of other herbs, many highlighted by *Leslie Kenton*, taken by menopausal women. These include *Red Sage*, *Red Clover*, *Wild Yam*, *Cayenne*, *Dong Quai*, *Agnus Castus* and *Black Cohosh*, which we stock. See individual data sheets for more information. Different herbs suit different women; but our first recommendation is always the **90-day Menopause Programme**.

As we always recommend, consider your diet and exercise and relaxation regime when helping yourself keep healthy.

#### THE 90-DAY MENOPAUSE PROGRAMME!

#### Companion Products

90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Black Cohosh Capsules or Drops; Dong Quai Capsules or Drops; Femaron Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops.

### Drops