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Name Red Sage

Caps

Code	Size	Duration
C91-54	54 Capsules	Usually lasts 18 days
C91-100	100 Capsules	Usually lasts 33 days

Area concerned

Often taken by menopausal women, dry and cool skin.

Ingredients

Salvia officinalis 325mg minimum per capsule.

Description

To assist hormonal balance, for example at time of the menopause. May help the skin to keep dry and cool at night.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

How long to take it for

This is a variety of the kitchen sage. It can assist hormonal balance, for example at time of the menopause. May help the skin to keep dry and cool at night. Can accompany the **Femaron 40+** or the **90-day Menopause Programme**. Try taking it daily for 4 months, then cut down or leave it off. Thereafter, take if and when desired.

Cautions

Do not take during pregnancy.

Companion Products

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

Drops

Code	Size	Duration
D39-50	50ml	Usually lasts 28 days
D39-100	100ml	Usually lasts 55 days

Area concerned

Often taken by menopausal women, dry and cool skin.

Ingredients

Salvia officinalis fluid extract only

Description

To assist hormonal balance, for example at time of the menopause. May help the skin to keep dry and cool at night.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can also be used to accompany the **Femaron 40+**, or the **90-day Menopause Programme**.

Cautions

Do not take during pregnancy.

Companion Products

90-day Menopause Programme; 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; Red Clover Capsules; Red Sage Capsules; Wild Yam 40+ Capsules or Drops

Caps

Drops

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH