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## NUTRIENTS FOR HEALTHY HORMONES

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Menopause and later life is a time in a woman's life when hormonal production is more easily affected by abnormal diet, stress, caffeine, and food chemicals. The ovaries continue to produce hormones throughout life. After this time certain nutrients are required more than ever. Normal hormone levels and good quality hormones promote healthy bones, skin, blood chemistry, and general well being. If the hormones are not maintained in later life osteoporosis, uncontrolled weight gain, advanced aging, emotional sensitivity, joint soreness, muscular aches, and poor health can result.

### INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	270 mg	*
Placental tissue, uterine tissue, ovarian tissue, black cohosh, vitex, and enzymes		

\*Daily Value not established

Other Ingredients: Gelatin (capsule) and zinc carbonate.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

### INDICATORS:

If the hormones are not maintained in later life osteoporosis, advanced aging, emotional sensitivity, allergy type symptoms, joint soreness, muscular aches, and poor health can exist. This is when MENOPLEX is recommended to supplement the increased need for the necessary blend of nutrients. There are several indicators which help determine if MENOPLEX is required.

### Factors Causing the MENOPLEX Condition:

1. Going for long periods of time without eating
2. Too much caffeine, coffee, or colas
3. Abnormal emotional or mental stress
4. Usage of the Birth Control Pill for more than 1 year at any time during the lifetime
5. Pregnancy and child birth

### Symptoms of a MENOPLEX Condition:

1. Slow gradual gain in weight from late 20's or 30's with no real change in activity — weight becomes harder and harder to reduce
2. Increased appetite
3. Cravings for chocolate, french fries, salt, chips, dairy fats seem to become steadily worse
4. Menstrual irregularity — periods are missed or become too close together; increased flow which may last longer than normal
5. Increased emotional sensitivity for no reason characterized by feelings that not being appreciated, respected, or loved
6. A change in emotional or physical health after the birth of a child, the onset of unexplainable or unresolved depressions
7. A history of more than 1 pregnancy termination
8. Gradual or sudden onset of allergies or chemical sensitivities; unusual intolerance to smells, perfumes, soaps, odors which can cause sinus allergy type symptoms, sinus headaches, mental dullness, or emotional sensitivity
9. Increased worry, spells of anxiety, fearfulness for no reason
10. Trouble sleeping, waking at 1 to 2 AM
11. Change in vision, dryness of the skin, onset of blemishes, joint soreness, gradual loss of bladder control

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# Notes

## **ADMINISTRATION:**

MENOPLEX is recommended to be taken with or without meals at 2 to 4 a day for 2 weeks, then 2 a day. More can be taken as needed for any of the above indicators.

## **CONTRAINDICATIONS:**

When too much MENOPLEX is being taken, the following symptoms can develop

1. Feeling full in the stomach
2. Breast swelling and discomfort
3. Bloating

## **DIRECTIONS:**

As a dietary supplement, take 1 to 2 capsules every morning and evening, or as directed by a physician. Can be taken on an empty stomach or with meals.

## **COMBINATIONS:**

EstraLiv — if elevating normal levels of hormones causes bloating, indigestion, water retention, afternoon headaches, and tight joints

ColAid — when constipation and sluggish digestion develop

Lecithin — to help thin bile and alleviate constipation

LipoPan — needed when there is frequent need for fatty foods (cream, chocolate, chips, french fries), or oily or dry skin

Formulated by Dr. Norman Easley.