

# Menopause Formula



**Arbonne has designed a new and unique all natural formula for helping to relieve the unpleasant symptoms associated with menopause. The active ingredient in this cutting edge product is standardized black cohosh extract. Standardized black cohosh is the preferred treatment for hot flashes, moodiness, vaginal dryness and other menopausal symptoms in Germany and is now available in a highly effective form from Arbonne. Arbonne uses a highly standardized black cohosh extract to ensure that each tablet has a consistent amount of active ingredient. We have also added to this formula a unique herbal blend including chaste tree, dong quai and red clover, herbs used for years to help balance the female hormones.**

**Recommended For:** Alleviating the symptoms associated with menopause.

**When to Use:** Once a day.

**Usage:** Take 1 tablet daily, with a meal.

Most women experience menopause during their late forties and early fifties. Hot flashes affect 65 - 80 percent of menopausal women.

## Nutrient

Standardized Black Cohosh  
Arbonne's Proprietary Herbal Blend  
Chaste Tree  
Dong Quai  
Red Clover

## Source

black cohosh root  
chaste tree berry  
dong quai root  
red clover herb

## One tablet contains:

Nutrient	Amount per tablet	% Daily Value
Standardized Black Cohosh (2.5% 27-deoxyactein)	80 mg	*
Arbonne's Proprietary Herbal Blend	150 mg	*
Chaste Tree	2 mg	*
Dong Quai		*
Red Clover		*

## Herb Functions

**Black Cohosh** - This herb contains estrogenic substances that help relieve menopause discomforts, especially hot flashes. 1

**Chaste Tree** - Helps to normalize the female sex hormones, is thought to be especially beneficial during menopausal changes. 1

**Dong Quai** - An age-old women's tonic. Aids women during menopause by relieving hot flashes, vaginal dryness and irritation. 1

**Red Clover** - Contains isoflavones which are shown to help increase estrogen levels. 1

## References:

1. The Green Pharmacy, J. Duke, Ph.D.

People with known medical conditions should consult with a physician prior to taking supplements