Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

**Women Bone & Hormone Support**

Food Supplement with Vitamins, Minerals and Botanicals.

Calcium and vitamin D help to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures\*.

Vitamin B6 contributes to the regulation of hormonal activity
Zinc & Magnesium contribute to the maintenance of normal bones

Suitable for Vegans & Vegetarians

60 Capsules

New GMP Logo

**BACK LABEL**

\*Intended for women 50 years and older. The beneficial effect is obtained with a daily intake of at least 1200 mg of calcium and 20μg of vitamin D from all sources.

**Directions:**

Adults take 2 capsules daily with water and food. Do not exceed recommended daily dose.

**Product Information:**
Two capsules typically provide:

|  |  |  |
| --- | --- | --- |
|  |  | %NRV |
| Vitamin B6  | 14mg  | 1000 |
| Zinc | 6.2mg  | 62 |
| Calcium  | 400mg | 50 |
| Vitamin D  | 15ug  | 300 |
| Magnesium  | 56.25mg | 15 |
| Sage  | 400mg (whole leaf equivalent) *from 67mg extract*  |  |
| Alfalfa  | 40mg |  |
| Panax Ginseng  | 40mg |  |
| Soya Bean Extract *providing Isoflavones*  | 40mg *16mg* |  |
| Hops  | 160mg (whole bud equivalent)*from 21mg extract* |  |
| Kelp  | 10mg |  |
| Rosemary Leaf  | 50mg  |  |
| Flaxseed | 100mg *providing 20mg lignans* |  |

**\***NRV = Nutrient Reference Value

**Ingredients:**

Calcium Carbonate, Rice Flour, Capsule Shell: Hydroxypropyl Methylcellulose, Flaxseed Extract, Magnesium Oxide, Sage Leaf Extract (Colloidal Silica), Maltodextrin, Rosemary Leaf, Alfalfa Aerial Powder, Panax Ginseng Root, **Soya** Bean Extract (Isoflavones), Hops Bud Extract, Zinc Citrate, Vitamin B6 (as Pyridoxine Hydrochloride), Kelp, Vitamin D Prep (Lichen Vitamin D3 extract, Corn Syrup, Gum Arabic, Fractionated Coconut Oil, Silicon Dioxide, Antioxidants (D -α-Tocopherol, Sodium Ascorbate).

**Allergy Advice**: Potential allergens contained in this product are shown in the ingredients list in **bold**. Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements if you are taking medication or are under medical supervision. You should not take supplements as a substitute for a varied balanced diet. Do not exceed stated dose. Long-term intake of 14mg vitamin B6 daily may lead to mild tingling and numbness.

**Storage:**

For best before end and batch number see base.

Store in a cool, dry place out of reach of children.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-261$front

Back Label: PL-261$back

**Label Size**

709px x 897px at 600DPI (that's 60mm x 76mm)