

## Douglas Directives

## Menopause Protocol

A Suggested Nutritional Protocol for Menopause\*

### **Meno-Support Formula™:**

A combination of vitamins, minerals, herbs, and other nutrients, specifically designed to offer intensive support for the healthy functioning of the body, especially during the unpleasant changes in the structure and function of a woman's body that are caused by the hormonal variations during aging.

**Product Code:** 84073

**Suggested Usage:** 2 tablets twice daily with meals

### **Ultra-Menoease™:**

A combination of soy isoflavones and the herbs, black cohosh and red clover, carefully formulated to support a woman's healthy and trouble-free transition through menopause.

**Product Code:** 83917

**Suggested Usage:** 1 capsule daily

### **UltraCAL:**

This product is specifically designed to provide significant amounts of calcium, magnesium, vitamin D and other bone supportive nutrients which are especially important during the menopausal years.

**Product Code:** 88050

**Suggested Usage:** 1 tablet twice daily

### **Varitonin™:**

When the structural integrity of the vascular system is challenged, problems such as varicose veins, spider veins and hemorrhoids can develop as noticeable signs of vascular weakness. Varitonin contains a blend of vitamin C, hesperidin methylchalcone, and standardized extracts of horse chestnut, butcher's broom, and gotu kola, especially useful to enhance overall vascular tone, fluid balance and circulation to the legs.

**Product Code:** VRT

**Suggested Usage:** 1 to 2 vegetarian capsules daily

\*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

