



PRODUCT INFORMATION

SELA MENOPAUSE SUPPORT CAPSULES

Our **SELA Menopause Support Capsules** with Wild asparagus and Winter Cherry are specially formulated to assist with a variety of menopausal symptoms and balancing hormones.

TRADITIONALLY USED FOR:

- ✓ Improving mood
- ✓ Treat hot flushes
- ✓ Hormone balance

OTHER BENEFITS:

- ✓ Fatigue
- ✓ Anxiety
- ✓ Relaxing
- ✓ Irritability
- ✓ Hot flushes
- ✓ Water retention
- ✓ Lack of libido
- ✓ Sleeplessness
- ✓ General tonic
- ✓ Poor immunity
- ✓ Vaginal dryness
- ✓ Helps with stress
- ✓ Balancing hormones
- ✓ Improving oestrogen function
- ✓ Joint and muscle aches and pains
- ✓ Fatigue
- ✓ Anxiety

Drink with a glass of water.

DIRECTIONS FOR USE:

Adults: Take 1 capsule morning and evening.

Severe symptoms: For severe symptoms, dose may be double to 2 capsules morning and evening.

Drink 2 hours before or after using other medicine.

Do not drink if you are pregnant or breastfeeding.

INGREDIENTS:

mg per capsule contains:

Asparagus racemosus Willd. (Wild asparagus) [roots, as 187,5 mg of a 4:1 extract]	750 mg
---	--------

Withania somnifera L. (Winter cherry) roots	250 mg
--	--------

In-actives: Corn starch, Magnesium stearate, Silicon dioxide	
---	--

DISCLAIMER:

WARNINGS

Not suitable for use during pregnancy and breastfeeding. Not suitable for children. Always consult a relevant healthcare provider before taking this product.

If you are diabetic, have a heart condition or use blood-thinning medication, take the product only under supervision of a healthcare profession.

Stop taking this product if you show any side effects to any of the ingredients. Discontinue 2 weeks prior to any surgery.

Manufactured by:

Sunpac (Pty) Ltd 148 Western Service Road, Woodmead, Sandton, 2191 Johannesburg, South Africa
Contact: 060 509 3609 www.sela.co.za enquiries@sela.co.za Facebook & Instagram: @selaforbetterhealth