

#### PRODUCT INFORMATION:

One capsule typically provides:

Mexican wild yam (*dioscorea villosa*)  
rhizome standardised extract 150mg

Wild yam (*dioscorea opposita*)  
rhizome standardised extract 200mg

**INGREDIENTS:** Wild yam extract, Mexican wild yam extract, bulking agent: rice bran; capsule: hydroxypropyl methylcellulose.

**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast.

**WARNING:** Not advisable if pregnant or breastfeeding.

# HIGHER NATURE®

LIFE STAGE

## MEXICAN YAM EXTRACT

For menopause



90 capsules  
vegetarian and vegan

This product has not been tested on animals.

#### MEXICAN YAM EXTRACT FOOD SUPPLEMENT - 90 CAPSULES

- ✓ Mexican wild yam helps maintain a calm and comfortable menopause
- ✓ Concentrated Mexican yam extract
- ✓ Wild yam is a root vegetable used in Asian cooking

**DIRECTIONS:** Take 1-2 capsules a day, with meals. Do not exceed recommended daily intake. A daily multivitamin is also recommended. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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

Higher Nature Ltd (UK), 10 Discovery Way,  
Horam, East Sussex TN21 0GE, UK  
Higher Nature Ltd (EU), Block 1,  
Blanchardstown Corporate Park,  
Ballycoolan Road, Dublin D15 AKK1, Ireland  
[highernature.com](http://highernature.com)

