

100% ORGANIC

CLEAN. PURE. EFFECTIVE.

SUPPLEMENT FACTS

Serving Size: 2 Vegetarian Capsule
Servings per Container: 30

Amount per Serving

Organic MenoHarmony	882 mg*
Full Spectrum Standardized Extract	
(Organic Pomegranate Extract 7% Tannins	240 mg
Organic Licorice Extract 10% Glycyrrhizin	198 mg
Organic Ashwagandha Extract 2.5% Withanolides	170 mg
Organic Tribulus Terrestris Extract 20% Saponins	164 mg
Organic Boerhavia Diffusa Extract)	110 mg

** Equivalent to whole plant Ashwagandha

*Daily Values not established

Other Ingredients:
Plant-based Hypromellose Capsule.



Description:

Menopause is a normal stage of a woman's life. At TrueVeda we understand this and have formulated our natural menopause supplements based on a 5000-year-old ancient Indian philosophy and wisdom. Our food supplement, MenoHarmony is a mix of five natural-sourced organic herbs- Ashwagandha, Pomegranate, Licorice, Tribulus Terrestris & Boerhavia Diffusa. These are mixed to provide a nourishing organic botanical that is targeted to help support your menopausal journey. MenoHarmony may help to maintain normal energy metabolism. Our Supplement allows users to regain control of their bodies whilst boosting their mood and energy to negate the extreme, intense symptoms during the perimenopause, menopause and postmenopause phases of their lives.

General Benefits:

MenoHarmony has been formulated to naturally support women during the perimenopause, menopause and postmenopause phases of their lives. Feeling out of balance during menopause is very common amongst women- the body is going through something totally new and you will be experiencing a hormonal imbalance. Many women are facing the same symptoms of tiredness, lack of energy & motivation, mood swings, hot flashes, night sweats etc. True Veda's MenoHarmony may be the natural support you were looking for to restore your balance. True Veda MenoHarmony is an extensively researched formula putting together 5 powerful herbs that support different symptoms of Menopause. Organic Pomegranate is a natural plant rich in Tannins, a naturally occurring Polyphenol that is known to support the urinary system. Studies show that Organic Licorice contains compounds that activate estrogen receptors to boost hormonal levels in the body. Organic Ashwagandha is a powerful adaptogen traditionally used for hormonal balance & adrenal support as well as stress management and increasing sleep quality. Organic Tribulus Terrestris has been extensively researched with positive results in improving libido, sexual function and wellbeing. Organic Boerhavia Diffusa with its anti-inflammatory properties and properties to support normal fluid retention comes to complete the powerful blend that supports a healthy transition through these normal stages of life.