

Fushi food supplement blends are created with high strength herbal extracts and vitamins, combined with Fushi Fresh-Ground® herbs from harvest and encapsulated in our London Workshop to provide natural support.

DIRECTIONS: 2 capsules daily or as directed by your healthcare practitioner.

CAUTIONS: Do not exceed stated daily dose. Keep out of sight of children. Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet or healthy lifestyle. Do not use if pregnant or breastfeeding. Store in a cool, dark place. Do not use if the seal is broken.



Fushi is a registered trademark
www.fushiwellbeing.com

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MENOHARMONY

HERB & VITAMIN BLEND WITH
SHATAVARI & ASHWAGANDHA

FOOD SUPPLEMENT | 60 VEGAN CAPSULES



INGREDIENTS: Shatavari (Asparagus Racemosus), Ashwagandha (Withania Somnifera), Brahmi (Bacopa Monniera) Milk Thistle (Silybum marianum) Saffron Extract (Crocus sativus). Vitamin B6 (Pyridoxine Hydrochloride), Vitamin D2, (Ergocalciferol), Veg hydroxyl-propyl-methylcellulose capsule.

NUTRITIONAL INFORMATION	2 CAPS DAILY	%NRV
SHATAVARI	200mg	
ASHWAGANDHA	400mg	
BRAHMI	160mg	
MILK THISTLE	150mg	
SAFFRON EXTRACT	10mg	
VITAMIN B6	1.4mg	100%
VITAMIN D	15 µg	300%
*NRV = NUTRIENT REFERENCE VALUE		

NO ADDED: Preservatives, artificial colours or flavours, yeast.