

MEDICA PACKAGING

CAD SPECIFICATION

GENERAL INFORMATION

CAD SPEC NO

P022686

CUSTOMER

Cultech

ACCOUNT NO

513800

CUSTOMER REF

DESIGN INFORMATION

MATERIAL

Incada Exel 400mic

CALIPER

0.4mm

GRAMMAGE (gsm)

240

STYLE

Aeroplane

LENGTH

58mm

WIDTH

58mm

HEIGHT

106mm

BLANK WIDTH

244.25mm

BLANK HEIGHT

254mm

BLANK AREA

41,877.29sq mm

BLANK WEIGHT

10.05gm

CAD DESIGN NOTES

VERSION INFORMATION

CREATED BY

DAVE

CREATED

08/04/2022

MODIFIED BY

DAVE

MODIFIED

08/04/2022

VERSION

1

REASON FOR LATEST VERSION

CAD LINE TYPE LEGEND

CUT

CREASE

SCORE

REV SCORE

PERF

BRAILLE

ACCUBRAILLE

EMBOSS

VARNISH FREE

TECHNICAL

DO NOT PRINT - VARNISH ONLY

DESIGNED TO SUPPORT WELLBEING DURING PERIMENOPAUSE

'HORMONE REGULATION'
Vitamin B6 contributes to the regulation of hormonal activity

ENERGY
Vitamins B2, B5, B6, B12 and Magnesium contribute to the reduction of tiredness and fatigue and support normal energy-yielding metabolism

PSYCHOLOGICAL FUNCTION
Vitamins B6, B12, Biotin and Magnesium help to maintain normal psychological function

RELAXATION
Ashwagandha is a botanical extract that helps support relaxation

'NERVOUS SYSTEM'
Biotin and Magnesium contribute to the normal function of the nervous system

COGNITIVE FUNCTION
Zinc contributes to normal cognitive function

BLOOD SUGAR LEVELS
Chromium contributes to the maintenance of normal blood glucose levels

'MUSCLES'
Magnesium contributes to normal muscle function

SKIN, HAIR & NAILS
Zinc supports the maintenance of normal skin, hair and nails. Biotin contributes to the maintenance of normal hair

BOTANICAL & BIOME BLEND
Lab4P 50 billion live cultures & Ashwagandha

At Health & Her, we are passionate about helping women with their female health. That's why we have conducted extensive research with thousands of women to understand how best to support wellbeing during Perimenopause. Health & Her Perimenopause Biome' is a blend of 50 billion live cultures, botanicals, vitamins and minerals and provides women with a convenient source of vitamin B6, which contributes to the regulation of hormonal activity.

WHICH SUPPLEMENT IS RIGHT FOR YOU?

PERIMENOPAUSE
Experiencing the effects of menopause and still having periods

MENOPAUSE
Experiencing the effects of menopause and 12 months since last period

DIRECTIONS FOR ADULTS: Take up to 2 capsules daily: ideally with food or as directed by a healthcare professional.

✔ **PHYTOESTROGEN FREE**

STORAGE: Store in a cool dry place, out of the reach of children. No need to refrigerate. Best before end: see base

CAUTION: Not advised for pregnant women or women who are breastfeeding. Do not exceed the recommended daily intake. A food supplement should not be used as a substitute for a varied, balanced diet and healthy lifestyle. Always consult your GP before taking food supplements, if you are taking medication or have an existing medical condition.

For more information and helpful advice visit our award-winning website: healthandher.com

Email us at contact@healthandher.com
Write to us at:
UK: Health & Her, PO Box 1137, Cardiff, CF11 1WQ
EU: Health & Her, 77 Lower Camden Street, Dublin, D02 XE80, Ireland

*Dedicated perimenopause supplement sales in the UK, verify by emailing contact@healthandher.com

Made in the UK Recyclable carton and bottle

HEALTH & HER

DOWNLOAD OUR FREE PERIMENOPAUSE APP

Search for Health & Her in the app store to track, learn and build positive lifestyle habits

SCAN ME

Download on the App Store

GET IT ON Google Play

UK'S NO.1 PERIMENOPAUSE BRAND'

HEALTH & HER

PERIMENOPAUSE BIOME

50bn LIVE CULTURES + NUTRIENT COMPLEX

DESIGNED TO SUPPORT WELLBEING DURING PERIMENOPAUSE'

✔ PHYTOESTROGEN FREE

30 DAYS SUPPLY

VEGAN FOOD SUPPLEMENT

60 CAPSULES

5 060737 311645


BN:
Best before end:

NUTRITIONAL INFORMATION	2 CAPSULES TYPICALLY PROVIDE	%NRV*
Vitamin D3	50 µg	1,000%
Riboflavin (Vitamin B2)	2.8 mg	200%
Vitamin B6	2.8 mg	200%
Vitamin B12	12.5 µg	500%
Biotin	100 µg	200%
Pantothenic Acid (Vitamin B5)	6 mg	100%
Magnesium	187 mg	50%
Zinc	10 mg	100%
Chromium	80 µg	200%
Ashwagandha Root Extract 5:1	100 mg	**
Lab4P Consortium Blend 50 x 10 ⁹	50 Billion CFU's	**
Lactobacillus acidophilus CUL60		
Lactobacillus acidophilus CUL21		
Bifidobacterium animalis subsp. lactis CUL34		
Bifidobacterium bifidum CUL20		
Lactobacillus plantarum CUL66		

*Nutrient Reference Value **NRV not established

INGREDIENTS: Magnesium Oxide, Live culture blend (Lactobacillus acidophilus CUL60 & CUL21, Lactobacillus plantarum CUL66, Bifidobacterium animalis subsp. lactis CUL34 & Bifidobacterium bifidum CUL20), Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), Bulking Agents (Microcrystalline Cellulose, Maltodextrin, Dicalcium Phosphate), Ashwagandha Root Extract (Withania somnifera), Zinc Citrate, Anti-caking Agent (Ascorbyl Palmitate, Silicon Dioxide), Rice Fibre, Corn Syrup Solids, Calcium Pantothenate (Vitamin B5), Acacia Gum, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Fractionated Coconut Oil, Chromium Chloride, Antioxidants (Sodium Ascorbate, Natural Mixed Tocopherols), Biotin, Cholecalciferol (Vitamin D3), Methylcobalamin (Vitamin B12).

Vegan



CLIENT: Health & Her

DATE: 13.01.23

JOB NO: H&H28

FILE NAME: H&H_Biome_PeriCarton_artworkV2.ai

VERSION: Artwork 02

SOFTWARE: Adobe Illustrator CC

Colours/finishes:

C

M

Y

7710c

NO PRINT VARNISH LAYERS

UV GLOSS VARNISH

UV MATT VARNISH

VARNISH FREE

Notes:

The colours on this print out are not accurate and are intended to be used as a guide only. Do not use for matching purposes unless otherwise stated. This artwork does not contain and trap/grip/chokes. Fonts will not be supplied with this artwork. All colours specified are from the PANTONE® matching system unless otherwise stated.

For Reference

PANTONE REFS FOR MATCHING

2191c

Peri colour

Morph Brands LTD: Keynsham Waterfront, Stidham Lane, Keynsham. BS31 1GB info@morphbrands.co.uk +44 777 2758505