

# FEMA45+™

For women during and after the menopause

## Presentation

A pink oval coated tablet.

### Two tablets deliver:

Vitamin A	60µg (200iu)	Iron (as fumarate)	7.5mg
Vitamin D3	10µg	Magnesium (as citrate + oxide)	150mg
Vitamin E	100mg (150iu)	Zinc (as citrate)	15mg
Vitamin K1	50µg	Copper (as sulphate)	1.2mg
Vitamin C	120mg	Manganese (as sulphate)	4mg
Thiamin (Vitamin B1)	4mg	Selenium (as L-Selenomethionine/Selenite)	200µg
Riboflavin (Vitamin B2)	4mg	Iodine (as potassium iodide)	150µg
Niacin (Vitamin B3)	18mg	Chromium (as chloride)	100µg
Pyridoxine (Vitamin B6)	8mg	Choline Bitartrate	5mg
Folic Acid	200µg	Inositol	5mg
Vitamin B12	100µg	Quercetin	25mg
Biotin	150µg	Rutin	20mg
Pantothenic Acid (Vitamin B5)	12mg	PABA	5mg
Calcium (as carbonate)	200mg	Boron (as sodium borate)	2mg

quantity  
180

type  
tablets

code  
8437



### Tableted with:

DiCalcium Phosphate, Microcrystalline Cellulose, Tablet Coating (Colours: Titanium Dioxide & Iron Oxides, Hydroxypropyl Methylcellulose), Crosslinked Cellulose Gum, Silicon Dioxide, Stearic Acid, Magnesium Stearate.

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**

## Uses

FEMA45+™, as recommended by Maryon Stewart of the Natural Health Advisory Service (NHAS), has been formulated specially for women during and after the menopause.

The formula provides 28 nutrients at relevant levels including the trace minerals and plenty of antioxidants. It contains good levels of magnesium and calcium, as well as the vitamins D and K to reflect the current thinking on bone health. Additionally the B vitamins, which are involved in metabolism, are included at significant amounts.

- Calcium, magnesium and vitamin D for bone health
- High level of vitamin E and other antioxidants
- Excellent all-in-one formula.

### Usage and administration

2 tablets daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women. This product contains iron, which if taken in excess, may be harmful to very young children. Keep out of sight and reach.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

