

## Meno fit

To provide support with menopausal symptoms

### Ingredients per capsule:

200 mg wild-yam extract 1:20  
100 mg L-carnitine  
50 mg vitamine C  
20 mg vitamine E  
0,4 mg pantothenic acid  
0,2 mg beta - carotene  
0,1 mg vitamin B6

### Consummation reference:

2 capsules a day, taken with water during a meal.

### Common description:



**Wild-Yam:** The Mexican Wild - Yam root is very comprehensive and offers a pharmacological remarkable spectrum like alkaloids, tannines, sterines and phyto-hormones (herbal hormones) like progesterone and oestrogen. These substances occur also in soja, but Wild-Yams has a higher percentage of the active substance diosgenin (13%). Especially during the menopause it is not possible for the body to cultivate enough of the important steroid hormones. The Yams-root supports the hormonal activity without side effects with herbal diosgenin. The periodical hormonal change in the body of a woman harmonises. Consequences can be a better sleep, nice skin and hair, more energy and less hot flashes.

**L-Carnitine** helps to burn fatty acids and conveys the production of energy and the energy supply of the muscles, the blood vessels and other tissues. Carnitine plays an important role in the detoxication of the liver and the expulsion of exogenous substances and pharmaceuticals.

**Vitamine C** is important for the general well-being. An adequate supply is indispensable for the creation and maintenance of the function of connective tissue and bones, it increases the iron availability.

**Vitamine E** makes a contribution to the formation of muscles and to the functional efficiency of the cells.

**Pantothenic acid**, also known as Vitamine B5, is necessary for the composition of the coenzyme A, which plays a big part in the metabolism process. It is involved in the composition and decomposition of carbohydrates, fats, amino acids and the synthesis of cholesterol. Moreover it is involved in the composition of steroid hormones.

**Beta - carotene** is the herbal pre-stage of the vitamine A. As such it has a regulating role during the proteine metabolism, in the function of skin and mucous membrane and the immune system.

**Vitamine B6** is involved in the regulation of the sugar and fat metabolism, the composition of haemoglobin in the red vessels and in the composition of certain neurotransmitters, such as serotonin, the Feel Good Hormone.