



Custom Remedies

Dietary Supplement Program

Changes

Changes was formulated as nutritive support during menopause to balance mood, reduce hot flashes and night sweats, ease vaginal dryness, anxiety, and insomnia. The supplements contained accomplish this by providing key nutrients to counter imbalances from hormones.

Packaging

The easy way to get these little bags open is to hold the bag by placing your thumb and index finger on the center of zip seal. Be sure the zip seal is parallel with your fingers. Now, slide your thumb back across your index finger like your rolling the zip seal between your fingers. You'll find the bag opens easily. Of course, we are assuming your fingers are dry and not greasy so they have some friction against the bag. We chose smooth not "zipper-like" seals for the bags to make opening easier.

Your Daily Dose

- * Best to take consistently while experiencing menopausal symptoms.
- * Morning: take one gray capsule and sand colored tablet.
- * Evening: take second capsule and softgel
- * Keep watch for side effects. Discontinue use if they become more than you would expect from an "adjustment period."
- * Always consult your physician if you are on regularly prescribed medication for another medical condition.

Lifestyle Changes

- * Do not smoke
- * Avoid alcohol, caffeine, and carbonated beverages
- * Eat at least 2 ounces of meat protein daily (white turkey or beef)
- * Eat high calcium foods especially yogurt. Other choices are cheeses, broccoli, kelp, almonds, and milk

Supplement Facts

Serving Size 1 "daily-dose" package
Servings per Container: 28 "daily-dose" packages

	Amount Per Serving	% Daily Value
Vitamin E (as d-alpha tocopherol)	400 IU	1333%
Proprietary Blend	1155mg	*
Soy Isoflavones Black Cohosh		
Percent Daily Values based on 2,000 calorie diet. * Daily Value not established		

- * Eating soy products such as soy milk, tofu, and raw soy beans may provide additional support.
- * Meditation is recommended for many lifestyle changes. It affords your mind time to "soak it all in" and contemplate what has been happening throughout your day. Sit quietly, close your eyes, and relax. Try to breathe deeply and clear your mind.

Warnings

- * If you have a known allergy to any of the ingredients you should not take this product.
- * Changes is not constructed to help prevent Osteoporosis, a possible result of the menopausal transition. Consult your physician for proper calcium intake and adjust your diet accordingly.
- * Black cohosh can produce mild gastrointestinal distress.
- * How black cohosh works is unclear. Its effects resemble those of estrogen treatments but have shown to be safe in long duration studies in rats at 90 times the therapeutic dosage. Unlike estrogen, black cohosh does not stimulate breast cancer cells in a test tube. This should not be taken as a guarantee that black is free of risk.
- * Avoid taking with high blood pressure medication or when pregnant.
- * Avoid taking with blood thinning drugs such as Coumadin (warfarin), heparin, or aspirin.
- * No additional vitamin E supplementation should be taken.
- * May interfere with iron supplementation in anemic individuals.

What to Expect

Menopause is not a disease or ailment for which one needs to seek a cure. It is a natural life process.

Changes is simply formulated to provide support in perhaps easing some of the less desirable symptoms of the transition and to make the process more tolerable. Although the ingredients in Changes may allow the transition your body is making more tolerable, it is

important to self evaluate frequently. Know your behavior and know when you are behaving differently. Be objective.

Support

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Notice

It is important to know that any claim as to benefits or potential benefits of the contents of this supplement have not been evaluated by the Food and Drug Administration. Benefits should be considered potential benefits not guarantees or promises. This product is not intended to diagnose, treat, cure, or prevent any disease.