



## Product Information Sheet

### Purple Cushhh Easy Menopause

50ml (5-10 drops on tongue twice per day)

Helps with Hot Flushes, Mood swings, Irritability, Low libido,  
Night sweats, Menopause and Mental exhaustion

## Ingredients

Sage, Chaste Tree, Buchu, Sceletium, Gota Kola,  
Valerian Root, Mistletoe, Alcohol 23% v/v

The majority of women experience menopause in their early 50's. Menopause is a condition where there is a gradual decline in the function of a woman's ovaries. The ovaries stop releasing eggs and no longer make the hormones oestrogen and progesterone which regulates the menstrual cycle.

Menopause may present some unpleasant symptoms such as hot flushes, night sweats, irritability, mild depression and irregular menstrual cycles. There is also the increased risk of osteoporosis (decline in the bone density) and heart disease. Not all women experience these symptoms or experience the symptoms with the same intensity. Some women prefer to take natural remedies, such as Easy MenopausE, to control the menopausal symptoms instead of going the route of Hormone Replacement Therapy.

Easy MenopausE is a Phytotherapeutic (fighting disease with natural substances) supplement. It contains a mixture of herbs to control and ease the symptoms of menopause.

**Sage** and **Buchu** assists in combatting excessive sweating and eases hot flushes while **Chaste Tree** stimulates the production of progesterone and balances the hormone levels.

**Sceletium** relieves irritability and **Valerian Root** relieves anxiety and insomnia (the inability to sleep).

