

Natural Changes

A21-day Vitamin/Mineral/Herbal/Essential Fatty Acid Program, Stock No. 4106-4
42 Packets – 4 capsules and 2 tablets each (168 capsules & 84 tablets)

During menopause, the body requires more of certain nutrients than at other times in life. Natural Changes provides nutrients that are used by the glandular system to replace needed hormones and other health-balancing compounds. These nutrients gently replenish the body's supplies without harmful side effects. By supplying your body with these nutrients, you help even out the ups and downs associated with this transition.

Did you know?

In menopause, the ovaries have given out and estrogen production has ceased. This leads to the development of unpleasant symptoms. For some women, the automatic response to the onset of menopause is to turn to hormone replacement therapy. However, the synthetic estrogens of HRT can lead to significant health problems. A good deal of research shows that HRT may increase a woman's risk of heart attack or certain cancers.

Natural Changes contains wild yam root. The diosgenin in wild yam mimics progesterone's effect and buffers the negative effect of elevated estrogen levels.

Natural Changes also contains the herbal combination C-X, formulated by Dr. John R. Christopher for the benefit of premenopausal and menopausal women. C-X spells relief of menopausal symptoms without the risk of damaging side effects.

NSP Advantage

42 Packets containing 4 capsules & 2 tablets each.
Vitamin/Mineral/Herbal/EFA Combination.

Natural Changes combines five unique and effective formulations to help maintain an even, constant supply of nutrients to the female glandular system. It addresses both immediate needs and long-term concerns in the convenience of pocket-size packets that you can take anywhere with you.

Ingredients: Each packet of Natural Changes contains 2 C-X capsules, 1 Wild Yam & Chaste Tree capsule, 1 Super GLA capsule, 1 Skeletal Strength tablet, and 1 Nutri-Calm tablet.

C-X (2 capsules per packet): Medicinal Ingredients:

Each capsule contains 86 mg Dong Quai root (*Angelica polymorpha*), 84 mg Blessed Thistle aerial parts (*Cnicus benedictus*), 73 mg Licorice root (*Glycyrrhiza glabra*), 62 mg Siberian Ginseng root (*Eleutherococcus senticosus*), 50 mg Sarsaparilla root (*Smilax officinalis*) [4:1 extract], 30 mg Black Cohosh root and rhizome (*Cimicifuga racemosa*), [6-8:1 extract], 20 mg Squaw Vine herb (*Mitchella repens*), 15 mg False Unicorn root (*Chamaelirium luteum*).
Non-medicinal ingredients: gelatin.

Wild Yam & Chaste Tree (1 capsule per packet):

Medicinal Ingredients: Each capsule contains 100 mg of Wild Yam root and also 100 mg of a 4:1 extract of Wild Yam root (*Dioscorea villosa*), 10 mg Chaste Tree fruit (*Vitex agnus-castus*) [5:1 extract]. Non-medicinal ingredients: cellulose, gelatin capsule (gelatin, water) magnesium stearate, stearic acid.

Super GLA (1 capsule per packet): Medicinal

Ingredients: Each capsule contains 666 mg Evening Primrose Oil (*Oenothera biennis*), 314 mg Borage Oil (*Borago officinalis*), 100 mg Black Currant Oil (*Ribes nigrum*). Non-medicinal ingredients: Gelatin, glycerin, purified water, natural carmel color, carob extract.

Skeletal Strength® (1 tablet per packet): Medicinal

Ingredients: Each tablet contains 125 IU Vitamin A, 37.5 mg Vitamin C, 50 IU Vitamin D, 1.25 mg Vitamin B6, 7.5 mcg Vitamin B12, 150 mg Calcium (amino acid chelate, di-calcium phosphate, calcium citrate), 150 mg Magnesium (amino acid chelate, magnesium oxide), 47 mg Phosphorus (dicalcium phosphate), 25 mg Potassium (gluconate), 3.75 mg Zinc (oxide), 0.75 mg Iron (ferrous gluconate), 0.5 mg Copper (gluconate), 0.25 mg Boron (amino acid chelate), 0.25 mg Manganese (amino acid chelate), 15 mg Horsetail stems and strobilus (*Equisetum arvense*), 7.5 mg Betaine HCl, 7.5 mg Papaya fruit (*Carica papaya*), 7.5 mg Parsley leaves (*Petroselinum crispum*), 7.5 mg Pineapple fruit (*Ananas comosus*), 7.5 mg Valerian root (*Valeriana officinalis*), 1.56 mg Licorice root (*Glycyrrhiza glabra*) [5:1 extract]. Non-medicinal ingredients: Cellulose (plant fibre), cross-carmellose sodium, stearic acid (vegetable source), and magnesium stearate (vegetable source).

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Nutri-Calm (1 tablet per packet): Medicinal

Ingredients: Each tablet contains 400 mg Vitamin C, 20 mg Vitamin B1, 20 mg Vitamin B2, 40 mg Niacin, 20 mg Vitamin B6, 125 mcg Folic Acid, 34 mcg Vitamin B12, 100 mcg Biotin, 80 mg Pantothenic acid, 60 mg Schizandra fruit (*Schisandra chinensis*), 40 mg Choline bitartrate, 20 mg Inositol, 15 mg Bee Pollen, 15 mg Para Aminobenzoic Acid (PABA), 10 mg Lemon bioflavonoid, 7.0 mg Valerian root (*Valeriana officinalis*) [4:1 extract], 7.0 mg Passion Flower flowers (*Passiflora incarnata*) [4:1 extract], 7.0 mg Hops flowers (*Humulus lupulus*) [8.5:1 extract]. Non-medicinal ingredients: Dicalcium phosphate, microcrystalline cellulose (plant fibre), stearic

acid (vegetable source), hydroxypropylcellulose (plant fibre), silicon dioxide, modified cellulose gum, and magnesium stearate (vegetable source).

Recommendation (adults): Take the contents of one packet with the morning meal and another packet with the evening meal. Drink one glass (250 mL) of purified water with each packet. Take a few hours before or after taking other medications. This represents a 21-day supply.

Risk Information: Do not consume during pregnancy or nursing. Keep this product out of the reach of children.

Features & Benefits

- For relief of symptoms associated with menopause.
- C-X contains Traditional Herbal Medicine ingredients used to relieve the symptoms associated with menopause, including hot flashes, dizziness, headache, vaginal dryness, and depression. The herbs Blessed Thistle and False Unicorn are hormone regulators, which help with irregular menstrual cycle, a woman's first sign that she is in menopause. Other herbs in C-X contain phytoestrogens, that act like estrogen to relieve menopause discomforts, especially hot flashes. Phytoestrogens also help revitalize adrenals, which take over the role of producing estrogen after the ovaries cease to.
- Wild Yam & Chaste Tree contains ingredients historically used by women during menopause. It helps balance the female hormones by stimulating progesteronic activity.
- Super GLA provides essential Omega 3/6/9 fatty acids, that support the female reproductive system.
- Skeletal Strength is a carefully formulated blend of vitamins, minerals, herbs and digestive aids required for normal function of the bones, joints, muscles and skin. Unlike most calcium supplements, Skeletal Strength contains equal amounts of calcium and magnesium. This helps meet the additional requirements of women for magnesium.
- Nutri-Calm provides generous amounts of vitamin C, and the B vitamins that are essential to proper nervous system function. Also contains calming herbs and adaptogens to support optimal nervous system health.