



## Ingredients and Allergy Information

Date of last review:	05.12.23	Version No.:	VI
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John Lewis Stock Number	46572607	
Name	MENOSUPPORT + RENEWAL	
Ingredients	Vitamin E (DL-Alpha Tocopheryl Acetate), Bulking Agent (Microcrystalline Cellulose), Maca Root 10:1 Extract, Capsule Shell (Hydroxypropyl Methylcellulose), <b>SOYBEAN</b> 200:1 Extract (40% Isoflavones), Zinc Citrate, Anti-Caking Agent (Magnesium Stearate), Vitamin D3 (Cholecalciferol), Pyridoxine Hydrochloride, Riboflavin, Vitamin B12 (Methylcobalamin).	
For allergens, see ingredients in <b>bold</b>		
May contain statements	B6 that contributes to the regulation of hormonal activity.	
Net Quantity	60 CAPSULES	
Country of Origin	GB	
Storage Instructions	Keep in a cool, dry place out of reach of children + animals.	
Manufacturer's name and address	THE OXFORD HEALTH COMPANY   Unit 4 Longlands Road Bicester Oxon OX26 5AH United Kingdom	
Instructions for use	Take 2 capsules per day after a meal.	
<b>Nutrition Labelling:</b>		
<b>Typical value</b>		
	<b>Per Serving</b>	<b>%NRV*</b>
Vitamin D3	15µg	300%
Vitamin E	135mg α-TE	1125%
Riboflavin (B2)	1.4mg	100%
Vitamin B6	3.5mg	250%

Vitamin B12	5µg	200%
Zinc	5mg	50%
Soybean (from 100mg of 200:1 extract, providing 40mg Isoflavones)	20,000mg	**
Maca Root (from 350mg of 10:1 extract)	3,500mg	**
* Nutrient Reference Value ** No NRV established		
Suitable for vegans	NO	
Suitable for nut allergy sufferers	YES	
Suitable for gluten allergy sufferers	YES	
Suitable to wheat allergy sufferers	YES	
Suitable for egg allergy sufferers	YES	
Suitable for dairy allergy sufferers	YES	
Suitable for soya allergy sufferers	NO	
Free from alcohol	YES	
Free from artificial flavours	YES	
Free from artificial colours	YES	