



Menosim®

Natural Menopause Support

• PRODUCT DESCRIPTION

Menosim® is a unique complex herbal formula that helps women cope with all the discomfort and unpleasant symptoms associated with menopause. It promotes physical and emotional comfort in menopausal and post-menopausal states. It helps with mood swings and sleeplessness. It is also a nervine tonic for those who experience irritability or “hot flashes.”

Menosim® offers a broad approach to women's health concerns through the use of herbs that contain phytoestrogens and phytoprogestrone, improve hormone utilization and provide an overall hormonal balance. **Menosim®** provides regulation of the urinary tract function in relation to menopause and has an overall soothing effect to help produce an optimum sense of well-being.



• MAIN INGREDIENTS

Himalaya ProSelect® formulas are derived from traditional ayurvedic remedies whose key ingredients are combined to achieve safe and synergistic effects. One active ingredient may be buffered by others while certain ingredients play the role as adjuvants, by strengthening the digestive system or helping to remove wastes. Others are included to increase bioavailability and enhance absorption. No single active constituent has the broad activity of the entire plant and no single plant has the activity and safety of carefully formulated blends.

- **Cinnamon** (*Cinnamomum cassia*) - Female tonic for the support the uterine muscular fiber.
- **Haritaki** (*Terminalia chebula*) - Contains natural Vitamin C. Adaptogen and rejuvenative.
- **Ashwaganda** (*Withania somnifera*) - Indian Ginseng - Known for its adaptogenic and rejuvenative effects.
- **Licorice** (*Glycyrrhiza glabra*) - Rich in flavonoids. Helps support the genitourinary tract.
- **Arjuna** (*Terminalia arjuna*) - Tonic for the heart and liver. Regulates the heart rate. Free radical scavenger.
- **Shatavari** (*Asparagus racemosus*) - Well known as a main rejuvenative element for women and a natural source of estrogens. Roots have calming and soothing properties.
- **Ashoka Tree** (*Saraca indica*) - Stimulant of the ovarian tissue. Facilitates hormone utilization.
- **Gotu-kola** (*Centella asiatica*) - Helps maintain microvascular integrity.





Menosim®

Natural Menopause Support

• RECOMMENDED DOSAGE

Presentation: 60 Tablets

Directions for Tablets: Take 1 to 2 tablets twice per day, preferably with meals.

Caution: Keep out of direct light and reach of children.

The use of natural products provides progressive but long-lasting results.

Allow several weeks for full benefits.

• KEY RESEARCH

The combination of herbs in **Menosim®** has been subjected to many clinical studies. In one study, the response was evaluated by monitoring up to 15 signs of menopausal discomfort, with marked improvement in the majority of women. Ingredients such as Ashoka tree (*Saraca indica*) were shown to improve estrogen levels through its action on the central nervous system as well as on the ovaries. **Menosim®** has been shown beneficial in all post-menopausal situations including post-hysterectomy cases.

Studies conducted on another ingredient, Country mallow (*Sida cordifolia*) have demonstrated its effectiveness as a cardiac tonic and as a support of the genitourinary tract.

The wide range of benefits from taking **Menosim®** are free from adverse side effects.

• OUR DEDICATION TO SCIENCE AND QUALITY

We are dedicated to providing safe and effective natural health products that help “defy aging” and enhance life, naturally. Our scientifically validated natural formulas come from The Himalaya Drug Company, founded in 1930 and a worldwide leader in modern adaptation of an age-old tradition. Rooted in Ayurveda, the Science of Life and Longevity, our carefully balanced herbal blends have been subjected to the modern scrutiny of clinical testing to prove their unparalleled benefits in gently addressing all health concerns. All **Himalaya ProSelect®** formulas are produced to pharmaceutical quality standards in state-of-the-art facilities and “fingerprinted” for consistency by the most sophisticated chromatographic quality control techniques.

• OUR GUARANTEE

At **Himalaya ProSelect®**, we focus on science, quality and proven performance, not on esoteric tradition or trendy supplements. Our products have been marketed worldwide for decades and are endorsed by over 100,000 health professionals. We unconditionally guarantee our “Natural Menopause Support Formula” for your complete satisfaction.

Monarch
ESSENTIALS

Exclusive distribution in Canada by Monarch Essentials
RR#2, Sunderland, Ontario, L0C 1H0
1-800-437-1567

These statements have not been evaluated by the FDA.
This product and the information provided are not intended to diagnose, treat, cure,
or in any way replace qualified medical supervision.

FOR PROFESSIONAL USE ONLY - NOT FOR RETAIL DISPLAY