



MENOPOL[®] Menopausal Support Formula*

Dear Valued Customer,

Thank you for purchasing Menopol. Menopol is a dietary tool formulated to help provide daily nutritional support for your healthy menopause lifestyle choices.* Carefully read and follow these directions. We are dedicated to your success with Menopol. Please contact us if you have any questions or comments.

IMPORTANT – PLEASE READ

- If pregnant or breastfeeding, take only as directed by your physician.
- Keep out of reach of children.
- Store in a cool, dry place.
- If tamper-resistant seal is broken, do not use.

Serving Size- Take two capsules twice daily, or as directed by your health care professional. If you miss a serving, take a serving as soon as you can and continue with your regular regimen.

Side Effects – Menopol is formulated with botanicals, vitamins, and minerals to support your healthy lifestyle*. If you experience a rare side effect or an allergic reaction, consult your health care professional immediately and then contact our customer service department.

Complete Nutrition- Cellular nourishment is critical to health, but many modern diets lack vital nutrients bodies need to support sustainable health. We suggest visiting these websites; www.vita-female.com or www.vita-male.com, for information on additional nutrition support.

Diet- Choose foods with a beneficial effect on the body, such as raw fruits and vegetables, whole grains, pastured meats, healthy legumes and nuts. Also remain hydrated during the day with pure water. Limit or avoid acidic substances such as sodas, candy and alcohol. Avoid processed, prepackaged and fast foods.

Exercise- Only 15-30 minutes of light to moderate exercise per day is beneficial for everyone. Walking, riding a bike and taking the stairs instead of the elevator are small ways to incorporate more movement into your daily routine. Work with your health care professional to develop a healthy exercise regimen.

Keep With the Program- Take Menopol for at least 30 days to experience a full difference. To maintain this healthy difference, we recommend you continue to take Menopol for 3-6 months. Keep a detailed journal to evaluate your progress.

Prescription Medications- If you are taking prescription medication, please consult your health care professional before taking Menopol.

Do not change your prescription medication regimen without first consulting your health care professional. Take Menopol an hour before taking prescription medications.

Success Stories- Tell us your success story!

Please visit www.hellolife.net/reviews/ to share your story, or call our customer service line at 1.866.504.7557.

Return Policy- Visit www.hellolife.net/terms-of-service for a copy of our return policy.

Questions? If you have any questions, please email us at service@hellolife.net or call 1.866.504.7557.

www.hellolife.net
International: 1.616.551.4246
Customer Service: 1.866.504.7557
Sales: 1.800.875.0850

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.