

**Femistin Complex**

Food supplement

30 capsules

**Supports the alleviation of symptoms associated with menopause.**

**Femistin Complex** is a dietary supplement containing a complex of ingredients that helps alleviate menopause-related symptoms such as hot flashes, anxiety, sweating and irritability.

**Ingredients:** calcium (calcium carbonate); capsule ingredients: bovine gelatin, calcium carbonate (dye); soy germ extract standardised to soy isoflavones 40%; vitamin E (DL-alpha-tocopheryl acetate); common hop cone extract DER 4: 1; flax seed extract standardised to lignans 20%; vitamin D (cholecalciferol); anti-caking agents: magnesium salts of fatty acids, silicon dioxide; vitamin B6 (pyridoxine hydrochloride); folic acid (pteroylmonoglutamic acid).

Active ingredients	1 capsule	% NRV
Calcium	300 mg	38%
Folic Acid	200 µg	100%
Soy germ extract: soy isoflavones 40% including:	50 mg 20 mg	-
Vitamin D	50 µg	1000%
Common flax seed extract standardised to lignans 20%	30 mg 6 mg	-
Common hop cones extract	30 mg	-
Vitamin E	23 mg	192%
Vitamin B6	1.5 mg	107%

\*%NRV = Nutrient Reference Value

**Intended use:** the product is intended for adults.

**Recommended daily intake:** 1 capsule after a meal. The capsule should be swallowed with water.

**Warnings:**

Do not exceed the recommended daily dose. Do not use in the case of hypersensitivity to any of the ingredients. Dietary supplement should not be used as a substitute for a varied and balanced diet. Balanced diet and healthy lifestyle is recommended.

**Storage:** store in a dry place, at room temperature, out of reach of small children.

**Net weight:** 33.60 g (30 capsules of 1120 mg).

The package contains 2 blisters of 15 capsules.

**Manufacturer:**

ALG Pharma Sp. z o.o.

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