

ProFema™ was introduced 12 years ago to provide not only a food-based multiple vitamin and mineral complex, but also the most complete menopausal support possible. It has been the most successful multiple ever made for women in their transitional years. The reason is simple. It stands alone in addressing menopausal distress at its core.

For 60 years, modern medicine has held that midlife distress is caused by hormone imbalances or deficiencies. But, it fails to ask why such problems occur.

In a woman's childbearing years, most of her progesterone is made in her ovaries. As the ovaries begin to shut down, the adrenal glands become her sole progesterone source. Sadly, the American diet and lifestyle put such strain on these glands that progesterone drops dramatically. Thus, adrenal exhaustion is the real culprit.

Beyond ProFema's™ vitamins, minerals and SuperFoods is an exquisite blend of herbs that support adrenal health, help guard against powerful, industrial estrogens, encourage progesterone production, enhance the function of every organ system and gland, and reduce every unpleasant manifestation of menopause.

We have recently reformulated ProFema™ because you have told us that six a day formulas are a tough sell. While it already worked brilliantly, by reducing the calcium, magnesium and a few other nutrients that take up a lot of space, we have been able to reduce the dose to four a day, while also beefing up its menopausal support - and keeping the price just where it's been for years.

These improvements include:

- Five times more gamma oryzanol (to calm hot flashes)
- Additional dong quai and black cohosh (to build strong blood)
- More vitamin D3 (because everyone needs it.)
- More SuperFoods, now with spirulina and chlorella.
- Hesperidin as water soluble, methylchalcone (four times better absorption means an effective increase from 550 mg to 1200 mg)
- The world's most potent Cordyceps extract for maximum support of the Kidney System (of which the adrenals are part).

In short, the new ProFema™ is a huge improvement. We thank all of you for reminding us that a smaller dosage would make the product a better seller. Without that feedback, we might never have changed it.*



NEW Product Specs

60-tab • 659670008030 • \$25.99 SRP

120-tab • 659670008047 • \$42.99 SRP

Old Formula

SUGGESTED USE: Six tablets daily, two with each meal, or three with breakfast and lunch.

AVAILABLE SIZES: 90 Tablets, 180 Tablets

Supplement Facts

Serving Size: 6 Tablets

Ingredient	Amount Per Serving	%DV
Vitamin A (as natural beta carotene)	15,000 IU	300
Vitamin C (as calcium ascorbate)	1000 mg	1667
Vitamin D3 (as cholecalciferol)	600 IU	150
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1333
Vitamin K (as phyloquinone)	40 mcg	50
Vitamin B1 (as thiamin)	45 mg	3000
Vitamin B2 (as riboflavin)	51 mg	3000
Niacin (as niacinamide, niacin)	100 mg	500
Vitamin B6 (as pyridoxine HCL)	60 mg	3000
Folate (as folic acid)	1 mg	250
Vitamin B12 (as methylcobalamin)	200 mcg	3333
Biotin (d-biotin)	300 mcg	100
Pantothenic Acid (as Ca pantothenate)	100 mg	1000
Calcium (as citrate, ascorbate)	500 mg	50
Iodine (from kelp)	150 mcg	100
Magnesium (as oxide, citrate)	600 mg	150
Zinc (as citrate)	25 mg	167
Selenium (as L-methyl selenocysteine)	200 mcg	285
Copper (as sebacate)	1.5 mg	75
Manganese (as citrate)	2.5 mg	125
Chromium (as Cr polynicotinate)	200 mcg	166
Molybdenum (as glycinate)	25 mcg	33
Potassium (as citrate)	49 mg	<2
SuperFood Complex	878 mg	*
Organic Spirulina, 720 mg; Organic Barley/Oat Grass Juice (30:1), 120 mg; North Atlantic Kelp, 38 mg		
Minerals	29 mg	*
Complete Trace Mineral Complex, 25 mg; Boron (as Glycinate) 3 mg; Silica (from Bamboo), 1 mg; Vanadium (as Glycinate), 25 mcg; An Average of Less Than 1 mg of Iron Occurs Naturally in Whole Food Base		
Bioflavonoids	750 mg	*
Hesperidin Complex (80%), 550 mg; Hesperidin (as Methyl Chalcone), 100 mg; Quercetin (Saphora Japonica) (20:1), 50 mg; Rutin, 50 mg		
Digestive Aids/Enzymes	28 mg	*
Broad Spectrum Digestive Enzyme Complex, 25 mg; BioPerine® (Piper Nigrum Extract), 3 mg		
Herbal Extracts	688 mg	*
Kudzu Root (10:1 Extract, Providing Isoflavones), 100 mg; Chaste Tree (10:1), 100 mg; Burdock Root (4:1), 100 mg; Motherwort (4:1), 60 mg; Dong Quai (10:1), 48 mg; Eleuthero Root (.8% Eleutheriosides), 40 mg; Black Cohosh (2.5%, Total Triterpene Glycosides), 40 mg; Poria Cocos (40% Polysaccharides), 40 mg; Wild Yam (10:1), 40 mg; White Peony (16:1), 40 mg; Rehmannia Root (10:1), 40 mg; Foti Root (Polygonum Multiflorum), 40 mg		
Co-Nutrients	383 mg	*
L-Leucine, 120 mg; Choline Bitartrate, 100 mg; Gamma Oryzanol, 65 mg; Mixed Tocopherol Complex (20% Gamma Tocopherol), 58 mg; Inositol, 40 mg; Octacosanol, 300 mcg		

*Daily Value not established.

Estimated Whole Food Value 15,300 mg

Other Ingredients: Cellulose, Silicon Dioxide, Croscarmellose Sodium, Stearic Acid, Maltodextrin. **Storage:** Keep tightly closed at room temperature. **Caution:** Not intended for use during pregnancy. Please keep all supplements out of children's reach.

BioPerine® is a registered trademark of Sabinsa Corp.

v-120109-021810

New Formula

SUGGESTED USE: Four tablets daily, with or without meals. Best if used in divided doses.

AVAILABLE SIZES: 60 Tablets, 120 Tablets

Supplement Facts

Serving Size: 4 Tablets

Ingredient	Amount Per Serving	%DV
Vitamin A (as natural beta carotene)	7500 IU	150
Vitamin C (as ascorbic acid)	1000 mg	1667
Vitamin D3 (as cholecalciferol)	1000 IU	250
Vitamin E (as d-alpha tocopheryl succinate)	300 IU	1000
Vitamin K (as phyloquinone)	40 mcg	50
Vitamin B1 (as thiamin)	30 mg	2000
Vitamin B2 (as riboflavin)	34 mg	2000
Niacin (as niacinamide, niacin)	100 mg	500
Vitamin B6 (as pyridoxine HCL)	40 mg	2000
Folate (as folic acid)	600 mcg	150
Vitamin B12 (as methylcobalamin)	200 mcg	3333
Biotin (d-biotin)	300 mcg	100
Pantothenic Acid (as Ca pantothenate)	100 mg	1000
Calcium (as Ca citrate, pantothenate)	200 mg	20
Iodine (from kelp)	150 mcg	100
Magnesium (as oxide, citrate)	200 mg	50
Zinc (as lactate)	15 mg	100
Selenium (as L-methyl selenocysteine)	150 mcg	214
Copper (as sebacate)	1.5 mg	75
Manganese (as citrate)	2 mg	100
Chromium (as Cr polynicotinate)	200 mcg	166
Molybdenum (as glycinate)	25 mcg	33
Potassium (as citrate)	30 mg	<1
SuperFood Complex	1038 mg	*
Organic Spirulina, 400 mg; Chlorella, 400 mg; Organic Oat Grass Juice (30:1), 200 mg; North Atlantic Kelp, 38 mg		
Minerals	29 mg	*
Complete Trace Mineral Complex, 25 mg; Boron (as Glycinate) 3 mg; Silica (from Bamboo), 1 mg; Vanadium (as Glycinate), 25 mcg; An Average of Less Than 1 mg of Iron Occurs Naturally in Whole Food Base		
Bioflavonoids	400 mg	*
Hesperidin (as Methyl Chalcone), 300 mg; Quercetin (Saphora Japonica) (20:1), 50 mg; Rutin, 50 mg		
Digestive Aids/Enzymes	27 mg	*
Broad Spectrum, Vegetarian, Digestive Enzymes, 25 mg; BioPerine® (Piper Nigrum Extract), 2 mg		
Herbal Extracts	660 mg	*
Kudzu Root (10:1 Extract, Providing Isoflavones), 100 mg; Chaste Tree (10:1), 100 mg; Black Cohosh (2.5%, Total Triterpene Glycosides), 80 mg; Dong Quai (10:1), 80 mg; Burdock Root (4:1), 60 mg; Motherwort (4:1), 60 mg; Wild Yam (10:1), 60 mg; Cordyceps (10% Cordycepic Acid), 40 mg; Eleuthero Root (.8% Eleutheriosides), 40 mg; White Peony (16:1), 40 mg		
Co-Nutrients	528 mg	*
Gamma Oryzanol, 250 mg; Choline Bitartrate, 100 mg; L-Leucine, 80 mg; Mixed Tocopherol Complex (20% Gamma Tocopherol), 58 mg; Inositol, 40 mg; Octacosanol, 300 mcg		

*Daily Value not established.

Estimated Whole Food Value 17,000 mg

Other Ingredients: Silicon Dioxide, Croscarmellose Sodium, Stearic Acid, Cellulose. **Storage:** Keep tightly closed at room temperature. **Caution:** Not intended for use during pregnancy. Please keep all supplements out of children's reach.

BioPerine® is a registered trademark of Sabinsa Corp.

v-100410-121710