

Premenopause/It helps relieve the symptoms prior to manopause.

N+S Nature System is **Cinfa's** nutrition solution brand for a comprehensive health care.

Our experience, technology and knowledge allow us to make a selection of the most suitable active ingredients and provide them on the nutritionally correct amount.

This is how the solutions we offer meet the different needs for improving life quality.

N+S Nature System, your new ally to improve your health through nutrition.

Premenopause is the natural transition period in women's life prior to menopause.

This period starts around age 45, the most distinguishing features of this stage being the appearance of irregular menstrual cycles together with other physical symptoms such as hot flashes, dysmenorrhea, menstrual pain, etc.

Premenopause is characterized by a progressive decrease of ovarian function and progesterone levels. Complete cessation will take place at menopause, which usually starts between the age of 50 and 55.

First signs associated with premenopause are: irritability, sleeping difficulty, weight gain and fluid retention amongst other.

N+S Premenopause improves life quality by helping to maintain a good mood and contributing to a better rest.

Hop extract (*Humulus lupulus* L.): only natural extract combining all active ingredients which provide benefits at both emotional and estrogenic levels.



USE AS DIRECTED: Take one capsule a day with a glass of water. Do not take this supplement if you are allergic to any of the components.

NUTRITION FACTS		
	Per capsule	Per 100g
Calories	1.69 Kcal (17.08 KJ)	381 Kcal (1592 KJ)
Proteins	0.09 g	20 g
Carbohydrates	0.25 g	55.4 g
Fats	0.04 g	8.8 g

INGREDIENTS: hop extract (*Humulus lupulus* L.) with prenylated flavonoids 1%; coating agent (gelatin and potassium aluminum silicate); bulking agents (microcrystalline cellulose, silicon dioxide, magnesium stearate); food colouring (E171, E129).