



## ***Menopause Support* by “Vital Nutrients”**

120 capsules, offered for \$38.50

This is a proprietary blend of botanical medicines that help with the whole rainbow of perimenopause and menopause symptoms, ranging from hot flashes to poor memory.

Please refer to our handout, “**Menopause and Perimenopause Management at Cascade Acupuncture Center**” for a more detailed description of ways to approach your entry into this phase of life!

### Suggested dosing:

- Take up to 2 capsules 2x/day. Take them as you need them, if your symptoms are less during the day and more during the night take 1 in the morning and 2 at night.
- Consider the addition of vitamin E (see infos below) if hot flashes do not decrease
- Consider the addition of Custom Herbal Formula to address additional concerns more specifically

## ***Vitamin E* by “Vital Nutrients”**

100 gel caps at 400 IU each per bottle, offered at \$23.80

### Supplementation with vitamin E may be helpful for:

- Antioxidant effects
- Anti-inflammatory effects
- Asthma and allergies
- Arthritis
- Muscle cramping
- Painful menses
- PMS
- Fibrocystic breasts
- Menopause
- Cardiovascular health ( May increase HDL cholesterol, may strengthen blood vessels, may prevent blood clotting (not advised to take large doses (>1000 IU/day) if already taking blood-thinners - ask your doctor for advice)
- Slows progression of Alzheimer Disease

**Please make sure your practitioners know about all medications you take, and any cardiovascular conditions you know about and are treated for.**

### Suggested dosing:

- For perimenopause and menopause hot flashes, take 1 Vitamin E gelcap x 1-2/day



## Bone Broth Protein, Vanilla or Pure

By Ancient Nutrition (AncientNutrition.com)

Get the health benefits of today's hottest super food, bone broth - in a nourishing protein powder that is SMOOTH to blend, convenient to use and EASY to digest.

Introducing an all-natural Bone Broth Protein complete with 20g of body-building, gut-friendly protein per serving. It's artisanally produced with no added salt, sugars, colors, preservatives or artificial ingredients.

Bone Broth Protein is free of common allergens and the ideal protein source for those who are sensitive to dairy, grains, eggs, beef, nuts and legumes.

- Supports digestive health\*
- Promotes joint comfort and bone health\*
- Supports healthy immune system function\*
- Promotes healthy detoxification\*
- Supports healthy skin, hair and nails\*

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

**Bone Broth Protein Vanilla 1 pound = 20 servings, \$44.95 (\$2.25/serving)**

**Sample package for 1 serving, limit one per customer: \$2**

Per serving: 20g protein, low carbs (2g), low sugars (1g)

Mixes easily: 1 serving (=1 scoop) in 12 oz of fluid (water, juice, almond milk, coconut milk, or as part of a nutritious protein shake, for example mixed with the Greens First we sell)

Add vanilla flavored Bone Broth Protein to create protein- packed desserts, pancakes and snacks!

Bone Broth Protein saves you the time to cook bone broth on your own and is not as messy.

It is cost effective, compared to liquid bone broth for purchase (approx \$5.50 per serving, versus \$2-2.25 per serving)

Diet and gut friendly, as it contains the amino acids proline and glutamine, which support the digestive system.

Product and Service Package	Cost	Total Savings	Price per Product/ Service
Combines non-billable Products and Services, each valued at \$39-\$49. Try out other products and services at only \$38.40 each!			
Pay 4 x \$48 get 5 Products/Services (+1 free)	\$192	\$48	<b>\$38.40</b>

Greens First, 30 serv. (\$45) Omega 3, 120 ct (\$42) Curaphen, 60 caps (\$38.95) <b>Menopause Support 120 ct (\$38.50)</b>	<b>Custom Chinese Herbs, 100g, lasts appr 2 weeks, monthly Herbal Eval incl (\$48)</b> Dream Protein (Van/Choc) 30 serv. (\$49) <b>Bone Broth Protein (Van/Pure) 20 serv (\$44.95)</b>	Allergy Elimination (\$48) Re-Exam, time of service (\$42)
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