

# Greens FIRST® Female Menopause Formula

For natural relief of symptoms associated with Menopause\*

## Greens First Female Menopause Formula

Each serving provides 15+ servings of fruits and vegetables enhanced with natural ingredients that may help to relieve symptoms associated with all stages of menopause.\*

Greens First Female Menopause Formula is a nutrient-rich, phytonutrient & antioxidant super-food. With the addition of key ingredients that target menopause, it balances, supports and nourishes your whole body plus provides you relief from the symptoms of menopause.



## Nourish, Rebalance & Rejuvenate Your Body and Your Health with a Daily Serving of Greens First Female Menopause Formula

### Adding Greens First Female Menopause Formula to your diet may help to:\*

- Reduce the frequency and intensity of hot flashes during the day and night
- Reduce irritability
- Reduce mood swings
- Support healthy hormonal balance
- Improve sleep disturbances and desire
- Assist in controlling menopause-related weight gain
- Help to keep bones dense, healthy and strong
- Alkalize and balance your body's pH levels
- Reduce inflammation & promote healing
- Relieve achy joints
- Increase energy levels without stimulants
- Boost the immune system & improve digestion
- Balance healthy blood sugar levels
- Promote mental & cognitive acuity
- Maximize your health & improve overall well-being

Developed  
& Endorsed by  
OB/GYNs

Greens FIRST®  
Female

Vegan • Non-GMO • No Dairy • No Whey • No Sugar Added • No Aspartame

\*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.

**Ceautamed**  
WORLDWIDE, LLC

- 100% natural-contains certified organic fruits and vegetables
- Non GMO
- Sweetened with stevia
- Vegetarian and vegan
- Easy to digest
- No nano particles
- No MSG or yeast
- No corn, wheat or nuts
- No dairy, eggs or animal by-products
- No artificial ingredients, sweeteners or preservatives
- Rich in alkaline nutrients to balance our body's pH levels
- SOMETHING UNEXPECTED: TASTES GREAT!

### Directions for Use:

At the start of each day, add one level scoop of product into 6-8 oz. of COLD water. Shake in a closed container & enjoy. The benefits of Greens First® Menopause Formula increase with use over time, for best results, take daily.\*

## Supplement Facts

Serving Size: 9.28g (1 Scoop)		Servings Per Container: 30	
Amount per serving		Amount per serving	%DV*
<b>Calories</b> 45	<b>Calories from fat</b> 15		
			%DV*
<b>Total Fat</b>	1.5 g		2%
<b>Total Carbohydrate</b>	6 g		2%
Dietary Fiber	2 g		8%
Sugars	2 g		
<b>Protein</b>	2 g		
<b>Vitamin C</b>	4.4 mg		7%
<b>Niacin</b>	20 mg		100%
<b>Pantothenic Acid</b>	10 mg		100%
(as Calcium-D-Pantothenate)			
<b>Calcium</b>	36 mg		4%
<b>Iron</b>	3.25 mg		18%
<b>Chromium</b>	120 mcg		100%
(as Chromium Picolinate)			
<b>Sodium</b>	32mg		1%
Amount per serving		Amount per serving	%DV*
Organic Barley Grass Powder	1500 mg	Graminex® G60® Flower Pollen Extract <sup>†</sup>	300 mg
Oat Bran Powder	1500 mg	Apple Pectin Fiber Powder	250 mg
Organic Vegetable Blend	1500 mg	Moringa Leaf Powder (Horseradish Tree)	220 mg
Organic Carrot Root Powder, Organic Broccoli Plant Powder, Organic Cauliflower Bulb Powder, Organic Spinach Leaf Powder, Organic Parsley Leaf Powder, Organic Collards Leaf Powder.		Rice Bran Powder	200 mg
Sunflower Lecithin	1000 mg	Probiotic Blend Complex	12mg 2 Billion CFU
Chlorella Powder	500 mg	Bifidobacterium Longum, Bifidobacterium Breve, Bifidobacterium Bifidum, Bifidobacterium Infantis, Lactobacillus Acidophilus, Lactobacillus Rhamnosus, Lactobacillus Casei, Lactobacillus Reuteri.	
Organic Spirulina Powder	500 mg	Organic Sprouted Barley Malt Powder	200 mg
Oxi Sure Proprietary Blend	300 mg	Enzyme Blend	200 mg
Carrot Root Powder, Decaffeinated Green Tea Leaf Extract, Plum Fruit Powder, Grape Seed Extract, Sour Cherry (Tart Cherry) Fruit Powder, Broccoli Stem & Floret Powder, Tomato Fruit Powder, Spinach Leaf Powder, Collards (Kale) Leaf Powder, Masson Pine (Pine) Bark Extract, Brussel Sprout Head Powder, Cranberry Fruit Powder, Raspberry Fruit Powder, Blueberry Fruit Powder.		Bromelain, Papain, Protease, Amylase, Lipase, Cellulase, Lactase.	
		Stevia Leaf Extract	180 mg
		Decaffeinated Green Tea Leaf Extract	100 mg
		Quercetin Dihydrate	100 mg
		Milk Thistle Seed Extract	75 mg
		Daidzein Root Powder (Pueraria Mirifica)	60 mg
		Organic Beet Root Powder	50 mg
		Organic Cassia (Cinnamon) Bark Powder	50 mg
		Organic Aloe Vera Leaf Powder	50 mg
		Cnidium Monnieri Herb Powder	50 mg
		Resveratrol	40 mg
		Organic Acerola Fruit Powder	25 mg
		Concord Grape Fruit Powder (Vitis Labrusca)	25 mg
		Turmeric Root Extract	20 mg
		Guggul Oleo-Gum-Resin Powder	20 mg
		Organic Kelp Powder	15 mg
		Royal Jelly Powder	12.5 mg
		Cayenne Pepper Fruit Powder	10 mg
		Licorice Root Extract	5 mg

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet  
<sup>†</sup> Daily Value not established.

**Other Ingredients:** Orange Fruit Powder, Natural Spearmint Flavor, Citric Acid.

**\*\*\*Allergy Warning:** Contains bee product (Royal Jelly), avoid if allergic to bees or bee products

**Greens FIRST®**  
Female

Greens First Female, LLC

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**Greens First Female Menopause Formula has been enhanced with superior ingredients. Studies have shown that these natural ingredients help support the symptoms of menopause.\***

### Graminex® G60® (Flower Pollen Extract)

- Weight management support
- Dramatic reduction of hot flashes
- Reduction in the frequency and intensity of night sweats
- Decrease in fatigue and irritability

<http://www.newsmax.com/FastFeatures/flower-pollen-extract-health-benefits/2015/04/20/id/639522/>

<http://www.graminex.com/clinical-studies.php>

### Moringa

- Contains Vitamin D and Calcium which may strengthen bones and help with the prevention of osteoporosis
- Regulate mood swings
- Reduction of fatigue
- May increase sex drive

<http://www.webmd.com/vitamins-supplements/ingredientmono-1242-moringa.aspx?activeingredientid=1242>

<http://articles.mercola.com/sites/articles/archive/2015/08/24/moringa-tree-uses.aspx>

### Daidzein

- Reduction of hot flashes

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3207039/>

<http://www.ncbi.nlm.nih.gov/pubmed/18257146>

### Cnidium Monnieri

- Boosts libido

<http://www.webmd.com/vitamins-supplements/ingredientmono-1098-cnidium.aspx?activeingredientid=1098&activeingredientname=cnidium>

### Vitamin B3 (Niacin)

- Reduces the frequency and intensity of hot flashes during the day and night
- Soothes menopausal stress

<http://www.healthspan.co.uk/menopause-advice/depression/soothing-menopausal-stress-with-vitamin-b>

<http://www.myvmc.com/symptoms/hot-flashes-in-menopause-hot-flashes-night-sweats/>

### Royal Jelly

- Reduction of hot flashes
- Reduction of fatigue
- May strengthen bones

<http://www.beepollenhub.com/royal-jelly-benefits/>

### Guggul Gum

- May help to balance out the levels of hormones in the body
- Reduction of hot flashes

<https://www.thebeautyinsiders.com/is-guggul-gum-resin-effective-for-hot-flashes-and-menopause.html>

### Chromium Picolinate

- Monitors the blood sugar
- Aids metabolism
- Reduces food cravings
- Regulates fat and cholesterol
- Prevents hypertension

<http://www.newsmax.com/FastFeatures/chromium-health-benefits-nutrition/2011/01/21/id/369681/>

### Pantothenic Acid

- Reduction of acne breakouts
- Maintain emotional balance
- Reduction of physical discomfort caused by estrogen deficiency

<https://www.womens-health-concern.org/help-and-advice/factsheets/focus-series/diet-nutrition-menopause/>

<http://www.ladycarehealth.com/different-vitamins-for-menopause/>



Nutritional Support for Each Stage of a Woman's Life