



## Wild Yam Complex

Safe, effective relief  
for menopausal symptoms\*



## Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.

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Natural Menopause Relief



Wild Yam Complex



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# Wild Yam Complex – Natural Support During Menopause

Mid-life should be a time women can look forward to. With family responsibilities easing, you have the freedom, time and the energy to do more of the things you have always planned. So if menopausal symptoms are holding you back, natural relief is at hand.

Menopause is a normal change in every woman's life. During menopause, hormones are sometimes out of sync and undesirable physical and emotional effects can occur. Safe and gently effective, Wild Yam Complex combines a range of herbs that help support women through this life transition.\*

Give yourself the balanced support of Wild Yam Complex.\*

## What is Wild Yam Complex?

Wild Yam Complex is an effective combination of herbs formulated to help relieve menopausal symptoms.\*

This powerful yet gentle formulation contains active compounds that work exceptionally well together – Wild Yam root and rhizome, Shatavari root, St John's Wort herb flowering top, Sage aerial parts, Black Cohosh root and Korean Ginseng root.\*

Traditionally, Wild Yam root has been valued as a natural way to alleviate discomfort associated with menopause. Now, the wisdom of experience is reinforced by modern research.\*

Clinical studies have shown Black Cohosh eases the effects of menopause. St John's Wort helps maintain healthy emotional balance. Shatavari is an herb from the Ayurvedic tradition of India, prized for its powers as a female tonic.\*

Sage has been used traditionally during menopause to support normal perspiration. Korean Ginseng is revered around the world for its ability to promote vitality and stamina, particularly as the body ages.\*

## How is Wild Yam Complex Unique?

MediHerb sources only the highest quality herbs and tests them extensively to ensure they contain optimum levels of the essential constituents.\*

In poor quality products, different species of yam may be substituted for authentic Wild Yam. Additionally, many commercial samples of Wild Yam contain a compound (diosgenin) which is not a naturally occurring substance in this plant.

Our extensive research on Wild Yam chemistry has led to a new understanding of this amazing herb. We have developed new testing methods to ensure that the correct species, containing the correct constituents, is used.\*

The Korean Ginseng, St John's Wort and Black Cohosh components all contain guaranteed levels of the appropriate active compounds. MediHerb's unique herbal expertise means that you receive the highest quality product and optimal results for your health.\*

## Who Needs Wild Yam Complex?

Wild Yam Complex is ideal for any woman who needs support for the symptoms of menopause. As women age and hormone levels begin to change, you may experience a range of discomforts. Respected for its symptom relieving effects on the hormonal system, Wild Yam Complex can help combat the negative effects of menopause.\*



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## Compelling Benefits

Wild Yam Complex contains an effective blend of Wild Yam, Black Cohosh, Shatavari, Korean Ginseng, St John's Wort and Sage. The St John's Wort component contains 300 mcg of hypericins and the Korean Ginseng contains 1.3 mg of ginsenosides per tablet to ensure optimal strength and quality. This powerful combination works safely and effectively to help:

- Provide relief from discomfort associated with menopause
- Promote a natural, healthy balance within the mature female endocrine system
- Calm the nerves and restore balance in temporary mood swings
- Balance and support normal female physiology and function
- Maintain feelings of general well-being
- Ease occasional muscle spasms associated with the menstrual cycle\*

Ask your health care professional today about Wild Yam Complex. They can advise whether it is the right menopausal support for you. They will also be able to inform you of any cautions to be aware of when taking this product.\*

\*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.

You Can Rely on Wild Yam Complex