

# What's hot... *natural* Menopause

From the shortages in the availability of HRT medication to Davina McCall's recent emotional and powerful documentary - *Sex, Myth and the Menopause*, it feels like everybody is suddenly talking about menopause and the huge impact that the symptoms can have on a women's life.

Whilst hormone replacement therapy (HRT) can be a good option, many women look for more natural ways to cope with menopause, creating an ever-increasing demand for natural supplements and remedies. From combined supplements including herbs, vitamins and minerals to cope with a range of symptoms, to single herbal remedies or teas, there are lots of options available for your customers.

**See below for our top product suggestions:**



**44630** – Natural Heath Practice Meno Herbal Multi Support Caps, 60s – **RSP £26.79**



**703146** – Together Vitamins Menopause Food Supplement Capsules, 60s – **RSP £18.99**



**91532** – Promensil Red Clover Tablets - Normal Strength, 30s – **RSP £22.69**



**93706** – Higher Nature Black Cohosh Menopause Relief Tablets, 30s – **RSP £9.95**



**81063** – Vitabiotics Ultra Sage Tablets, 30s – **RSP £6.69**



**83124** – Nature's Aid Ucalm 300mg (St Johns Wort) Tablets, 120s – **RSP £17.95**



**82072** – Navitas Organics Organic Maca Powder, 227g – **RSP £7.09**



**82634** – Neuner's Organic Red Clover Tea, 40g – **RSP £6.20**



**706367** – Rokit Org Sage Leaf Infusion Tea, 18 Bags – **RSP £4.99**