

MENO MOVE

STEP 1 2 3 HORMONAL STABILITY

Flexible and healthy joints

Premium health benefits

Feel your best and stay active. Meno Move supports joint health, helping you maintain an active lifestyle.

Curcuma Longa contributes to joint health. Curcuma Longa is important for nervous comfort. Health claim pending European approval.

Usage instructions

Take 1 capsule per day in the morning. We recommend using Meno Move for at least 3 to 6 months, combined with regular physical activity and a healthy diet.

Warning: keep out of reach of children. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. Store in a dry place, away from light. Consult your doctor or pharmacist in case of simultaneous use of anticoagulants. Seek medical advice before use in case of liver or gallbladder disorders, or if you are taking medication. Not recommended during pregnancy or breastfeeding, nor for children under 18 years old.



Ingredients

Ingredients per daily dose (1 capsule):

GABA	300 mg
Valerian extract	250 mg
Melatonin	5 mg

Excipients: hydroxypropyl methylcellulose, rice starch, copper complexes of chlorophyllins.

Specifications

Quantity	30 capsules. Refill pouch.
Net weight	24,6 grams
GTIN	05419980099839
CNK	4883-062
Notification	PL 4493/18

Consumer price: €42.5