

Have hormonal imbalances taken her?

30 PLUS is a scientifically-formulated, natural supplement for women of all ages. A large percentage of women can experience hormonal fluctuations that dramatically affect their every day lives and relationships with friends and family. This can result in issues with:

- **Anger**
- **Mood swings**
- **Irritability**
- **Lack of energy**
- **Stress**
- **Emotional outbursts**
- **Weepiness**
- **Nervous tension**
- **Oestrogen overload**
- **Disturbed sleep**

These symptoms are often put down to working too hard, children or relationship troubles. The interesting aspect is that they are often related to abnormal hormonal balance or oestrogen overload.

30 PLUS was developed by an Australian Naturopath to assist women maintain normal hormone balance.

30 PLUS combines the internationally studied and proven effectiveness of *Cimicifuga racemosa* combined with Tyrosine, Chromium picolinate, B-complex vitamins and calcium.

Feel Sensational. Again!



Available from all Pharmacies and Health Stores.

For more information phone 0800 657 876 Mon-Fri 9am-5pm or email info@pharmahealth.co.nz

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Supplementary to and not a replacement for a balanced diet.
Use only as directed and if symptoms persist see your health professional.

Missing someone important?

