



MEXICAN WILD YAM

with chinese wild yam

THE WELLNESS PROBLEM

If you don't look after yourself properly, your body gradually loses its energy and efficiency. Muscles become tight, tension affects the nerves and poor quality food upsets the digestive system.

Too much fatty food can lead to gall bladder pain; too much coffee or alcohol may aggravate gastritis; the wrong foods can lead to abdominal colic.

Living life at high speed and not looking after yourself can literally be a pain in the guts.

THE MODERE SOLUTION

Moderne formulated Mexican Wild Yam to offer extremely effective support for good health for both men and woman.

The blend of Mexican and Chinese wild yam found in Mexican Wild Yam is a traditionally used curative for intestinal gastritis, colic and gall bladder pain.

Women can gain benefits from wild yam's role as an anti-spasmodic and reliever of a broad range of menstrual problems including pain and cramps!

Modern scientific study is following the example of ancient cultures by utilising plants and refining them into powerful extracts.

Leading scientists have developed sophisticated techniques to maximise the effectiveness of the herbal extracts incorporated into Mexican Wild Yam.

The result is a formula designed to yield excellent results for those who try Mexican Wild Yam.



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LIFESTYLE TIPS

For hormonal problems (men and women):

- If overweight follow the Modere Weight Management Program.
- Reduce alcohol consumption.
- Stop smoking and reduce all caffeinated drinks.
- Maintain good levels of vitamins and minerals to support cellular and physical energy production as well as a healthy ageing process.
- Reduce stress by using exercise such as Pilates, tai chi, yoga and massage.
- Maintain even blood sugar levels by reducing all sweet food and increasing quality protein with every meal. This will improve insulin sensitivity and assist in weight management.

For digestive problems:

- Regular detoxification is recommended for correct digestive function and will also assist in repairing gut flora and liver clearance of toxins
- Reduce all dairy, coffee, sugar and alcohol and these are known irritants to the digestive lining
- Reduce other irritants such as tomato juice, garlic, onions and fruit juices
- Chew food well and refrain from drinking and eating at the same time. Either drink 20 minutes prior to food or 20 minutes after food. Fluid taken with meals may dilute essential digestive enzymes in the saliva

WELLBEING BENEFITS OF MEXICAN WILD YAM

General wellbeing for men and women

- Aids, assists or helps in the maintenance or improvement of general wellbeing

Gastro-intestinal health

Mexican wild yam has traditionally been used in American folk medicine for:

- Temporary relief of the pain of intestinal colic
- Temporary relief of gallbladder pain
- Temporary relief of the symptoms of mild gastritis

Women's health

- Relief of menstrual pain or dysmenorrhoea
- Relief of menstrual cramps
- Relief of muscular cramps and spasms
- Temporary relief of ovarian pain and cramps

COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Digestive Enzymes, Balancing Cream, Liver Health.

FACTS

ACTIVE INGREDIENTS

Dioscorea villosa (Mexican wild yam), *Dioscorea opposita* (Chinese yam).

DIRECTIONS FOR USE

Take one tablet, twice daily.
Pack size: 60 tablets.

PRECAUTIONS

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.

FREE FROM

Milk, gluten, preservatives, artificial colours and flavours, and yeast. Suitable for vegetarians and vegans.

Listed on the Australian Register of Therapeutic Goods, AUST L 235227.