

### How To Take

- Each pack contains 180 capsules (a 30-day supply)
- For best results, we recommend consistent use for at least three months.
- Take 2 capsules, 3 times per day, with water just before meals
- Alternatively, take 3 capsules twice a day with a meal

### FAQ's

**Can I take Better Metabolism throughout perimenopause and menopause?**  
Better Metabolism is ideal for women going through perimenopause or menopause.

**Is Better Metabolism safe to take with HRT?**

Yes. Better Metabolism is safe to take with your prescribed HRT.

**Do I have to take it with food?**

Yes this product is formulated to take alongside and improve the metabolism of the food that we eat.

**Is Better Metabolism safe to take and are there any side effects?**

Better Metabolism is formulated based on clinical research and contains high-quality, tested ingredients. Because the ingredients are natural and well-researched, side effects are rare. However, it's always recommended to consult with your healthcare provider before starting any new supplement, especially if you have health conditions or if you're taking any medication particularly blood thinners and diabetes medication.

In most cases, Better Metabolism can be taken alongside other supplements in the Better Menopause range and alongside medications, but it's essential to consult with your doctor to ensure there are no interactions or contraindications specific to your health needs.

Better Metabolism is safe for long-term use. In fact, continued use may help maintain benefits related to metabolism, energy, and hormonal balance throughout the menopausal transition.

**What should I do if I forget to take Better Metabolism?**

If you miss a dose, simply take it with the next meal. However, if it's almost time for your next scheduled dose, skip the missed one and continue with your regular routine. Do not double up to make up for a missed dose. Consistency is key, so try to take it at the same time each day for the best results.

### IMPORTANT INFORMATION

- Do not exceed the stated daily dose
- Do not use if inner seal is broken.
- Keep out of sight and reach of children.
- Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- If you are pregnant, breastfeeding, taking any medications, or under medical supervision, please consult a doctor or healthcare professional before use.
- Discontinue use and consult a doctor if adverse reactions occur.
- Store in original packaging, in a cool, dry place, out of humidity and not exceeding 25°C.