



Yams Balance

For hormonal well-being during the menopause

Diosgenin - A special plant substance

The yam root is used as a staple food in tropical countries because of its high starch and nutrient content. In addition, yams contain a variety of valuable ingredients. Of particular interest is diosgenin, a plant substance that is similar to the body's own hormone progesterone. Traditionally, the yam root with the diosgenin it contains is used to support hormonal well-being.

Biogena Yams Balance: Gently in balance

Biogena Yams Balance is a herbal supplement containing standardised amounts of diosgenin from yam root extract. Yams supports women during menopause by helping to reduce menopausal symptoms such as hot flushes, sweating and restlessness.

Possible uses:

- To support hormonal balance
- To reduce menopausal symptoms such as hot flushes, sweating or restlessness
- To increase the targeted intake of diosgenin

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colouring, flavouring and coating substances
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Yam root-extract	200 mg	-
<i>contains: diosgenin</i>	32 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

Biogena GmbH & Co KG
Strubergasse 24, A-5020 Salzburg, info@biogena.com

Part of the
Biogena Group



Toll-free Infoline Austria: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com,
italien@biogena.com, worldwide@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

Online orders: [biogena.com](https://www.biogena.com)



BIOGENA
WELCOME TO YOURSELF

INGREDIENTS

Yam root-extract, bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell).

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

PACKAGE SIZE AND CONTENT

180 capsules (pack for 6 months), 63 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 18.10.2023.



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Toll-free Infoline Austria: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com,
italien@biogena.com, worldwide@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

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