

















Who should use Vascafem?

Question	Answer	You need	Take Vascafem
Are you older than 30 years?	Yes	Calcium, vit D3, vit K2, Hawthorn, Zinc, Selenium, Folic Acid, vit B6	
Are you peri- or post-menopausal?	Yes	Calcium, vit D3, vit K2, Hawthorn, Zinc, Selenium, Folic Acid, vit B6	
Are your arms and legs exposed to sunlight 5-30 minutes, at least three times per week?	No	Vit D	
Is your face, hands and arms exposed to sunlight 5-30 minutes, at least three times per week?	No	Vit D	
Do you smoke?	Yes	Calcium, Zinc, Selenium, Folic acid	
Do you consume moderate quantities of alcohol on a regular base?	Yes	Vit B6, Folic acid, Zinc	
Do you have a family history of heart disease, heart attack or stroke?	Yes	Hawthorn, vit B6, Folic acid,	
Do you have high cholesterol?	Yes	Hawthorn, Folic acid, vit B6	
Do you have high blood pressure / hypertension?	Yes	Hawthorn, vit B6	
Do you use hormone therapy, i.e., oral contraceptives or hormone replacement therapy?	Yes	Vit B6, Folic acid	
Do you have mood, sleep or eating disorders?	Yes	Vit B6, Vit D3	
Are you diabetic?	Yes	Calcium, Zinc, vit D3	
Do you experience muscle weakness or bone pain?	Yes	Calcium, vit D3, vit K2	
Do you have low bone density?	Yes	Calcium, vit D3, vit K2	
Do you experience hair loss?	Yes	Calcium, Folic acid, Selenium	
Do you use any of the following medicine chronically: Prednisone, methotrexate, salazopyrin, NSAIDS?	Yes	Calcium, Folic acid	
Is your immunity compromised?	Yes	Zinc, Selenium	