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# Menopause Protocol

## The Re-Ignite Program

By Sam Guest

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**IMPORTANT:** Where a link is given in this document it is to help you identify what it is you're looking for, do not feel obliged to buy these particular products.

***Anything ordered from Amrita use the Code M9HCFA to get a 10% discount***

Give up all caffeine and alcohol.

Take every other day

- [Black Cohosh](#)
- [Vitamin B](#)
- [Vitamin D](#) (always take Vit D with Vit K)
- [Vitamin C](#)
- [Zinc](#)