

## MENOBLOC® – FOR BETTER NIGHTS AND DAYS

FEWER SYMPTOMS OF MENSTRUAL CYCLES / PERIMENOPAUSE / MENOPAUSE

### Menstrual Cycles

Recording of patient experience shows you may experience a reduction of some of the regular physical experiences of cramps, bloating, loss of sleep associated with ordinary menstrual cycles. In addition the regular use medication was reduced and their associated costs. For some persons the daily severity will cause them to stay home with loss of work or school attendance.

Menobloc is used simply by placing a sheet style item under the bottom sheet of ordinary bedding while sleeping. The effects of Menobloc are most commonly experienced during the first 2 nights used. Please turn over for explanation of use.

### Perimenopause or Menopause

Some of the most common nightly physical effects related to perimenopause and menopause are the recurring hot flashes and interruption of sleep. Sleep deprivation alone compromises daily health and function.

Unlike the natural relief between regular cycles of menstrual cycles, over the time of perimenopause and menopause are experienced many will be troubled by hot flashes and major sleep interruption almost nightly for years. Menobloc style sheet simply placed under the bottom sheet of ordinary bedding will begin to reduce the seriousness as early as the first 2 nights for many users. The Menobloc sheet can be washed along with ordinary linens and are expected to be effective up to 5 years depending on how handled. Instructions are provided with delivery.

Menobloc is recommended to be ordered in either size A or B, “Wraps and Blankets”, at the link <http://www.farabloc.com/FarablocShop.html>. The actual material will appear as an ordinary grey cloth. To read about further description, research and effects please go to the following - <http://www.farabloc.com/mfara.html>. You can place your order online or by calling toll free 1 866 941 4711.

See following for instructions on how to use Menobloc for better sleep.

*How to use Menobloc® for better sleep.*

- 1 Place your Menobloc sheet under your bottom sheet



- 2 Remake bed



- 3 Note improvements to your sleep



To order Menobloc® call toll free 1 866 941 4711 or online  
<http://www.farabloc.com/FarablocShop.html>