

MEGA We care  
For Your Wellness

# Are You Having Menstrual Pain?



Get faster pain relief with

# IBUNOVA

Solubilized Ibuprofen  
equivalent to Ibuprofen **200 / 400mg**

 **FOR FASTER PAIN RELIEF**



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## FOR FASTER PAIN RELIEF

### Healthy Tip's during Menstruation

- Limit Sugar, Alcohol, and Caffeine.
- Eating more frequent smaller meals, focus on whole foods.
- Drink Herbal Tea e.g chamomile, ginger, and dandelion.
- Increase Iron Intake by eating foods such as dark leafy greens (spinach), red meats, liver, or take iron supplement
- Magnesium Rich Foods such as pumpkin seeds, bananas, almonds, and dark chocolate.

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**IBUNOVA** removes the need for dissolution in the Stomach and ensures Faster pain relieve in less than 15min.

## Effective Dose:

- **Adult :1 Capsule Every 4 - 6 Hours, or as directed by Physician.**
- **Children >12years :1 Capsule (200mg) Every 4 - 6 Hours, or as directed By Physician.**

Issued in public interest by Mega Lifesciences  
The makers of



**MEGA** WeCare For Your Wellness

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