

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 4 tablets daily or as directed by your healthcare professional. This product is best taken with meals.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin® and Warfarin. If you are taking these or similar prescription drugs, consult your healthcare professional before using this product.

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #84073



Meno-Support Formula™

A Dietary Supplement



120 Tablets

Supplement Facts

Serving Size 4 tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (25% as Vitamin A 20,000 IU	400%	Copper (from Copper 2 mg	100%
Palmitate/75% [15,000 IU] as Beta-Carotene)		Amino Acid Chelate)	
Vitamin C (Ascorbic Acid) 1000 mg	1667%	Manganese 15 mg	750%
Vitamin D-3 50 IU	13%	(from Manganese Aspartate Complex)	
Vitamin E (as Vitamin E Succinate) 200 IU	667%	Chromium (Organically bound with 200 mcg	167%
Vitamin K (as Phytonadione) 50 mcg	63%	GTF activity—low allergenicity)	
Thiamine (as Thiamine HCl) 50 mg	3333%	Molybdenum 50 mcg	67%
Riboflavin 25 mg	1471%	(from Molybdenum Krebs†)	
Niacin/Niacinamide 120 mg	600%	Potassium 75 mg	2%
Vitamin B-6 (as Pyridoxine HCl/ 25 mg	1250%	(from Potassium Aspartate Complex)	
Pyridoxal-5-Phosphate Complex)		Choline (from Choline Citrate/Bitartrate) 20 mg	*
Folic Acid 800 mcg	200%	Inositol 25 mg	*
Vitamin B-12 100 mcg	1667%	Citrus Bioflavonoid Complex 100 mg	*
(on Ion Exchange Resin)		PABA (para-Aminobenzoic Acid) 50 mg	*
Biotin 300 mcg	100%	Vanadium (from Vanadium Krebs†) 25 mcg	*
Pantothenic Acid 150 mg	1500%	Boron 3 mg	*
(as d-Calcium Pantothenate)		(from Boron Aspartate/Citrate Complex)	
Calcium 500 mg	50%	Trace Elements (from Sea Vegetation) .. 100 mcg	*
(from Calcium Citrate/Ascorbate Complex)		Meno-Support Proprietary Blend 500 mg	*
Magnesium (from Magnesium 400 mg	100%	Black Cohosh (root) (standardized),	
Aspartate/Ascorbate Complex)		Dong Quai (aerial parts), Kelp,	
Zinc (from Zinc Aspartate Complex) 20 mg	133%	Horsetail (aerial parts), Sage (leaf),	
Selenium (Organic Selenium from 200 mcg	286%	Lemon Bioflavonoids and Ipriflavone.	
Krebs† Cycle and Kelp)			

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex