

Product Number: 50872

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 20

Amount Per Serving		%Daily Value
Calories	20	
Calories from Fat	10	
Total Fat	1.5 g	2% **
Protein	<1 g	1% **
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	1 mg	50%
Vitamin B-12 (as Cyanocobalamin)	3,000 mcg (3 mg)	50,000%
Biotin (as d-Biotin)	300 mcg	100%
Magnesium (as Magnesium Oxide)	360 mg	90%
Cranberry Concentrate (<i>Vaccinium macrocarpon</i>) (fruit) (50:1 concentrate, equivalent to 25,000 mg of fresh cranberries)	500 mg	***
Borage Oil (<i>Borago officinalis</i>) (seed oil) which typically contains: Gamma Linolenic Acid (GLA) Linoleic Acid (LA)	1,227 mg (1.2 g) 270 mg 430 mg	*** *** ***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. **Contains <2% of:** Natural Caramel Color, Silica, Soy Lecithin, Yellow Beeswax.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



DIRECTIONS: For adult women, take two (2) softgels daily, preferably with a meal.

No Artificial Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish. Sodium Free.



Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com



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Beauty Starts on the Inside™

COMPLETE
PMS
SUPPORT COMPLEX*
Plus Biotin for Skin Health*



OPTIMAL SOLUTIONS®

COMPLETE
PMS
SUPPORT COMPLEX*
Plus Biotin for Skin Health*

Nutritional Support
for Women with PMS*
Supports Bone, Breast,
Immune & Urinary Health*
Supports Energy Metabolism*



INCLUDING:
Borage Oil, Magnesium
& Cranberry

Beauty Starts on the Inside™

40 rapid release
liquid softgels

DIETARY SUPPLEMENT

COMPLETE
PMS
SUPPORT COMPLEX*
Plus Biotin for Skin Health*

A woman's monthly cycle may be accompanied by unpleasant physical and emotional changes the body experiences on a recurring basis. Nature's Bounty PMS Support Complex* was designed to support the needs of women, period!*

B-Vitamins help support energy production, while Biotin and GLA promote skin health, which can be compromised at that time of the month.* Magnesium, an important mineral involved in muscle contraction, and Borage Oil provide nutritional support for women with PMS.*

To ensure your immune system is receiving the additional support it needs to function optimally, one serving provides 100% of the daily values for Vitamins C & D.* Cranberry Fruit promotes urinary health by cleansing the urinary tract and helping to remove unwanted compounds, allowing for a healthy flow of urine.*

Trust Nature's Bounty to help you feel renewed and look great during your time of need!*

Beauty Starts on the Inside™

Part No. 22-50872

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