

**A.M. FORMULA**

B50397

**Supplement Facts**

Serving Size 1 Tablet

Servings Per Container 30

| Amount Per Serving                                         |          | %Daily Value |
|------------------------------------------------------------|----------|--------------|
| Calcium (as Dicalcium Phosphate)                           | 52 mg    | 5%           |
| Biotin                                                     | 300 mcg  | 100%         |
| Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf)      | 125 mg   | **           |
| Standardized to contain:                                   |          |              |
| 80% Polyphenols                                            | 100 mg   | **           |
| 70% Catechins                                              | 87.5 mg  | **           |
| 35% EGCG                                                   | 43.75 mg | **           |
| 7% Caffeine                                                | 8.75 mg  | **           |
| Ginseng Extract ( <i>Panax ginseng</i> ) (root)            | 50 mg    | **           |
| (Standardized to contain 7% Ginsenosides, 3.5 mg)          |          |              |
| Black Cohosh Extract ( <i>Cimicifuga racemosa</i> ) (root) | 40 mg    | **           |
| (Standardized to contain 2.5% Triterpene Glycosides, 1 mg) |          |              |

\*\* Daily Value not established.

Other Ingredients: Vegetable Cellulose, Contains &lt;2% of: FD&amp;C Blue #1 Lake, FD&amp;C Red #40 Lake, FD&amp;C Yellow #6 Lake, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

**P.M. FORMULA**

B50398

**Supplement Facts**

Serving Size 1 Tablet

Servings Per Container 30

| Amount Per Serving                                         |         | %Daily Value |
|------------------------------------------------------------|---------|--------------|
| Calcium (as Dicalcium Phosphate)                           | 52 mg   | 5%           |
| Valerian Extract ( <i>Valeriana officinalis</i> ) (root)   | 200 mg  | **           |
| (Standardized to contain 0.8% Valerenic Acid, 1.6 mg)      |         |              |
| Hops Flower Extract ( <i>Humulus lupulus</i> )             | 10 mg   | **           |
| (a 10:1 extract equivalent to 100 mg whole herb)           |         |              |
| L-Theanine                                                 | 50 mg   | **           |
| Black Cohosh Extract ( <i>Cimicifuga racemosa</i> ) (root) | 40 mg   | **           |
| (Standardized to contain 2.5% Triterpene Glycosides, 1 mg) |         |              |
| Melatonin                                                  | 300 mcg | **           |

\*\* Daily Value not established.

Other Ingredients: Vegetable Cellulose, Contains &lt;2% of: FD&amp;C Red #40 Lake, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if blister seal is cut, torn or open.

\*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.

**A.M. FORMULA DIRECTIONS:**  
For adult women, take one (1) A.M. tablet at breakfast.

**P.M. FORMULA DIRECTIONS:**  
For adult women, take one (1) P.M. tablet at bedtime as Melatonin may produce drowsiness.

**No Artificial Flavor or Sweetener,  
No Preservatives, No Sugar, No Milk,  
No Lactose, No Soy, No Gluten,  
No Wheat, No Yeast, No Fish.  
Sodium Free. Suitable for Vegetarians.**



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

**Product Number: 51109**  
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](http://www.NaturesBounty.com)



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**NATURE'S BOUNTY****COMPLETE  
MENOPAUSE  
SUPPORT COMPLEX\*****NATURE'S BOUNTY**

OPTIMAL SOLUTIONS™

*Say Free***COMPLETE  
MENOPAUSE  
SUPPORT COMPLEX\*****Two Unique Essential Formulas****A.M. FORMULA**

Helps with Hot Flashes\*

Supports Healthy Skin and Energy Metabolism\*

**P.M. FORMULA**

Helps with Hot Flashes and Night Sweats\*

Supports Relaxation and

Helps with Occasional Sleeplessness\*

*Beauty Starts on the Inside™***60 tablets**  
30 A.M. & 30 P.M.**DIETARY SUPPLEMENT****COMPLETE  
MENOPAUSE  
SUPPORT COMPLEX\*****Two Unique Essential Formulas**

Nature's Bounty Complete Menopause Support Complex provides support throughout the day for women experiencing signs of menopause.\* This formula contains 2 tablets, one A.M. and one P.M., with ingredients that work to address various concerns experienced during different times of the day.

- **Supports Energy Metabolism\***
- **Helps with Hot Flashes\***
- **Supports Rest and Relaxation and Helps with Occasional Sleeplessness\***

**The A.M. Formula** combines Black Cohosh, to help with hot flashes, and Biotin, which supports energy metabolism and the health of hair, skin and nails.\*

**The P.M. Formula** contains Black Cohosh to help with night sweats, while Melatonin supports rest and relaxation and helps with occasional sleeplessness.\*

*Beauty Starts on the Inside™***Part No. 22-51109**

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