

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT



### Recommendations

1 to 2 capsules 1-2 times daily, or as directed by your healthcare professional.

### Warning

If pregnant, consult your physician before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)

<sup>†</sup>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.



# PMS Support<sup>1</sup>

DIETARY SUPPLEMENT  
60 VEGETARIAN CAPSULES

## Supplement Facts

serving size: 2 vegetarian capsules  
servings per container: 30

	amount per serving	% daily value
Vitamin B6 (as pyridoxine HCl)	50mg	2500%
Chaste Tree Berry Extract (Vitex agnus-castus)	300mg	*
Wild Yam Root (Dioscorea villosa)	250mg	*
Dong Quai Root Extract (Angelica sinensis)	250mg	*
Bupleurum Root Extract	250mg	*
Passionflower Herb Extract	150mg	*

\* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Leucine, Silica, and Magnesium Citrate.

manufactured by  
**VITAL NUTRIENTS**  
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