

Recommendation: Take 1 capsule daily with food. For intensive use, take 2 capsules daily with food.

Warning: Do not use this product if pregnant, nursing or attempting to become pregnant. A harmless but noticeable change in urine color may occur during usage of this product. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% DV
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin E (as tocophersolan)	10 IU	33%
Calcium D-Glucarate	200 mg	**
DIM-plus™ patented enhanced bioavailability diindolylmethane BioResponse DIM® complex (modified food starch, 25% diindolylmethane, DIM® Vitamin E as tocophersolan, phosphatidylcholine, silica)	120 mg	**
HMRlignan™ Norway Spruce (<i>Picea abies</i>) lignan extract providing hydroxymatairesinol	36 mg	**

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, beet (root), magnesium stearate, silica

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Questions? 1-800-9NATURE / naturesway.com

Freshness and safety sealed for your protection. Store in cool, dry place out of direct light. Each capsule is enclosed in an individually sealed blister. Do not use if any seal is broken, punctured or missing.

BioResponse DIM® is a registered trademark of BioResponse, LLC.

BioResponse DIM® is a patented, enhanced bioavailability oral delivery system for diindolylmethane (U.S. patent #6,086,915).

HMRlignan™ is used under sublicense from Linnea, SA.



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Promevea®

With DIM-plus™
and HMRlignan™

Promevea provides these key phytonutrients to promote breast health.*

DIM-plus is a bioavailable complex of diindolylmethane (a phytonutrient found in cruciferous vegetables) that promotes healthy estrogen metabolism by increasing the conversion ratio of 2-hydroxyestrogen.*

HMRlignan is an extract of Norway spruce that delivers 7-hydroxymatairesinol (plant lignan) that is converted by the body into enterolactone. HMRlignan increases the level of enterolactone in the blood, which is associated with breast health.*

Promevea delivers additional support with **Vitamin D3** and **Calcium D-Glucarate**.*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



romevea®

Breast Health*

Proactive Nutrition for Women

- DIM-plus™
- HMRlignan™
- Vitamin D3
- Calcium D-Glucarate

Hormone Free

30 Vegetarian Capsules / Dietary Supplement

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Promevea®

Proactive
Nutrition for
Breast Health*

Taking just one Promevea capsule daily supports breast health* by:

- Promoting healthy estrogen metabolism.*
- Increasing blood levels of enterolactone (ENL).*
- Increasing blood levels of Vitamin D.*

Taking an intensive dose (2 capsules) can help reduce cyclical breast tenderness.*

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