

AM Hot Flashes* • Lack of Energy* • Irritability* • Mood Swings*

PM Night Sweats* • Occasional Sleeplessness*

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.

Hormone-Free Formula, for: Daytime Energy Nighttime Restful Sleep

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HORMONE-FREE

AM/PM Menopause Formula™

Day & Night Relief for Menopausal Symptoms*

2 TARGETED DIETARY SUPPLEMENTS 30 AM TABLETS and 30 PM TABLETS
WOMEN'S HEALTH*

LBX07206.18 BLK720F, BLK721B

AM/PM
Menopause Formula™



AM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Green Tea Leaf Extract (Sunphenon®) standardized to 50 mg caffeine	250 mg**
Asian Ginseng Root Extract standardized to 7% ginsenosides (7 mg)	100 mg**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, titanium dioxide color, glycerin, magnesium stearate, silica

PM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Valerian Root Extract standardized to 0.8% valerenic acids (1.6 mg)	200 mg**
Hops Flower Extract	100 mg**
L-Theanine (Suntheanine® brand)	50 mg**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, silica, carrot and paprika extract color, soy lecithin, carnauba wax

Contains soy.

Suntheanine®, a patented form of L-Theanine, is a registered trademark of Taiyo International, Inc.
Sunphenon® is a registered trademark of Taiyo International, Inc.

Recommendation: AM: Take 1 (white) AM tablet in the morning.
PM: Take 1 (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

Day & Night Symptom Relief*

AM Formula

Actual Size

Ingredients

- Black Cohosh
- Green Tea

Support

- For hot flashes & irritability*
- For daytime energy*

PM Formula

Actual Size

Ingredients

- Black Cohosh
- Valerian and Hops
- L-Theanine

Support

- For relief of occasional night sweats and mood swings*
- For restful sleep*
- For relaxation and well-being*

WARNING: Do not use if pregnant, nursing, or by children under 18 years of age. Do not use if sensitive to caffeine. Each serving of the AM Formula contains 50 mg of caffeine. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Avoid alcohol and do not drive or operate machinery while taking this product. If taking medications for diabetes, sedatives, tranquilizers, or any other medications, consult a healthcare professional before use.

Keep out of reach of children.

GLUTEN FREE. No sugar, salt, yeast, wheat, dairy products, artificial flavors, or preservatives.

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



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