

SUGGESTED USAGE: Adults - take two (2) capsules daily. Take 1 capsule twice daily, with food or as directed by your physician.

WARNING: Do not take this product if you are pregnant, breast-feeding or have a sensitivity/allergy to Milk Thistle. If you have a pre-existing medical condition, or are taking prescription medications, consult a physician prior to use. This product is not intended for infants or children.

*** 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.**

STORE IN A COOL, DRY PLACE. DO NOT USE THIS PRODUCT IF THE SAFETY SEAL IS BROKEN OR MISSING. KEEP OUT OF THE REACH OF CHILDREN.

DISTRIBUTED BY: **femMED** 12 Upjohn Road, Unit 4A, Toronto, Ontario, CANADA M3B 2V9, 1-877-696-5482, www.femmed.com
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femMED™

BREAST HEALTH

*Supports the maintenance of healthy breasts**

Breast Health is specially formulated to support the maintenance of healthy breasts and helps to reduce cycle breast pain and tenderness.*

45 Vegetable Capsules
Dietary Supplement



Supplement Facts

Serving size = 2 Capsules Servings per Container = 22	PER SERVING	% DAILY VALUE
Vitamin D (Cholecalciferol [Vitamin D3])	800 IU	200 %
Calcium-D-Glucarate	150 mg	15 %
Indole-3-Carbinol	400 mg	***
Milk Thistle (<i>Silybum marianum</i> seed extract, 2:1)	200 mg	***
Schizandra (<i>Schisandra chinensis</i> fruit extract, 4:1)	150 mg	***
Stinging Nettle (<i>Urtica dioica</i> leaf extract, 4:1)	100 mg	***
Hydroxymatairesinol [HMR] Lignans (<i>Picea abies</i> [Norway Spruce])	20 mg	***

*** Daily Value not established

OTHER INGREDIENTS: Vegetable capsule [cellulose, water], microcrystalline cellulose, vegetable grade magnesium stearate.

This product does not contain dairy, egg, gluten, yeast, artificial colors and flavors.