

Recommended Dose: Take 1 capsule 2 times daily with meals, a few hours before or after taking medication, or as recommended by your health professional. **Warning:** If you are pregnant or lactating, or have kidney or gastrointestinal diseases, gallbladder inflammation or bile duct obstruction, do not use. If you have or have had breast cancer, uterine or ovarian cancer, or are taking oral contraceptive medication, do not use. If you are trying to become pregnant, taking any prescription medication (especially anticoagulants, anti-depressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection), or have any health condition, consult your health professional before use. This product may cause skin rashes or photosensitivity in some people. Avoid excessive exposure to sunlight, tanning lights or UV sources while taking this product. This product may cause serotonin syndrome in sensitive patients and may cause hair loss. Use only if safety seal is intact. Store in a cool, dry place. Keep out of the reach of children.

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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order to accommodate required
labeling. Please rely on stated
quantity.

v3 **569-60U**
Manufactured for
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GENESTRA
BRANDS®

Femagen PMS Capsules

Dietary Supplement

Multivitamin, mineral and herbal support for menstrual comfort[†]

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings per Container 60

	Amount Per Serving	% DV
Vitamin A (as 100% beta-carotene)	450 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	34 mg	223%
Thiamin (as thiamin mononitrate)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as inositol nicotinate)	9 mg	56%
Vitamin B ₆ (as pyridoxine hydrochloride)	50 mg	2,941%
Folate (as folic acid)	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	1,042%
Pantothenic Acid (as calcium d-pantothenate)	25 mg	500%
Choline (as choline bitartrate)	15 mg	3%
Calcium (as calcium citrate / carbonate)	30 mg	2%
Magnesium (as magnesium citrate)	60 mg	14%

Other ingredients: Hypromellose, magnesium stearate, silica, cellulose

	Amount Per Serving	% DV
Zinc (zinc citrate)	5 mg	45%
Wild Yam (<i>Dioscorea villosa</i>) Root Extract (10:1) 200 mg Dried Equivalent	20 mg	*
St. John's Wort (<i>Hypericum perforatum</i>) Aerial Parts	20 mg	*
Dandelion (<i>Taraxacum officinale</i>) Leaf	20 mg	*
Parsley (<i>Petroselinum crispum</i>) Aerial Parts	20 mg	*
Blue Cohosh (<i>Caulophyllum thalictroides</i>) Root and Rhizome	15 mg	*
Chaste Tree (<i>Vitex agnus-castus</i>) Fruit	15 mg	*
Uva-ursi (<i>Arctostaphylos uva-ursi</i>) Leaf	15 mg	*
Eleuthero (<i>Eleutherococcus senticosus</i>) Root and Rhizome	15 mg	*

* Daily value (DV) not established

