

SUPPORTS A HEALTHY CYCLE*

At Nature's Way®, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. We will go to any continent or country to find where herbs grow best, so we can bring you the purest botanicals possible. It's the way we deliver uncompromising quality and the way to help you live healthier. It's not just our way, it's Nature's Way.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

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

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Green Bay, WI 54311 USA

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



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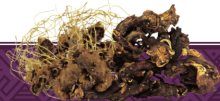
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



※ PREMIUM BLEND ※

PMS WITH B6 & OTHER B-VITAMINS

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100 VEGAN CAPSULES

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules daily, preferably with food. **Warning:** Do not use if pregnant or nursing. 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. Persons with allergies to plants of the *Asteraceae* (*Compositae*) family, including ragweed, should use this product with caution. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Capsules / Servings per Container 33

Amount per Serving	% DV	Amount per Serving	% DV
Total Carbohydrate	<1 g <1%†	Magnesium	50 mg 12%
Dietary Fiber	<1 g 2%†	(as magnesium oxide)	
Thiamin	750 mcg 63%	Black Cohosh (root)	225 mg **
(vitamin B1)		Wild Yam (root)	225 mg **
Riboflavin	852 mcg 66%	Dandelion	150 mg **
(vitamin B2)		(aerial parts)	
Niacin	10 mg 62%	Cramp Bark (bark)	100 mg **
(as niacinamide)			
Vitamin B6	25 mg 1,470%		
(as pyridoxine HCl)			
Vitamin B12	3 mcg 125%		
(as cyanocobalamin)			

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

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