

AM PMS Symptoms* • Lack of Energy* • Irritability* • Mood Swings*

PM Occasional Sleeplessness* • Night Sweats*

*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 For Energy Support and Restful Sleep*

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HORMONE-FREE

AM/PM PeriMenopause Formula™

Day & Night Relief for PeriMenopausal Symptoms*

DIETARY SUPPLEMENTS

30 AM TABLETS and 30 PM TABLETS

WOMEN'S HEALTH*

LBX07236.17OTO BLK721B, BLK723C



AM/PM PeriMenopause 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**
Rhodiola Root Extract standardized to 3% rosavins (6.1 mg) and 1% salidroside (2 mg)	205 mg**
Chaste Tree Berry Extract standardized to 0.6% agnusides (0.2 mg)	40 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, hypromellose, hydroxypropyl cellulose, magnesium stearate, glycerin, riboflavin color

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® and Sunphenon® are registered trademarks of Taiyo International, Inc.

THIS PRODUCT HAS A TAMPER-EVIDENT FOIL POUCH. DO NOT USE IF FOIL OR PLASTIC IS PUNCTURED!

Recommendation: AM: Take 1 (yellow) 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

Ingredients

- Green Tea
- Chaste Berry
- Rhodiola

Support

- For daytime energy support*
- For menstrual symptoms*
- For concentration and mental alertness*

Actual Size

PM Formula

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*

Actual Size

WARNING: Do not use if sensitive to caffeine. Do not use if pregnant or nursing. Not recommended for use by children under 18 years of age. 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 you have a kidney disorder, are taking 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, or artificial flavors, or preservatives.

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



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