

**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\*

\*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

## 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.

©2018 Nature's Way Brands, LLC  
(previously branded Enzymatic Therapy, LLC)  
Green Bay, WI 54311 USA

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

**VEGETARIAN**

\*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.