

Recommendation: Take 1 capsule daily with food. **For intensive use:** Take 1 capsule twice daily with food. **Warning:** Do not use this product if pregnant, nursing, or attempting to become pregnant. A harmless but noticeable change in urine color may occur during usage of this product. If you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% DV
Vitamin D (as cholecalciferol)	20 mcg	100%
Calcium D-Glucarate	200 mg	**
Indoplex® Diindolylmethane (BR-DIM®) complex	120 mg	**
HMRlignan™ Norway Spruce (<i>Picea abies</i>) lignan extract providing hydroxymatairesinol	36 mg	**

**Daily Value (DV) not established.

Other Ingredients: plant-derived capsule (hypromellose), modified food starch, cellulose, beet root, magnesium stearate, silica, Tocophersolan, phosphatidylcholine

©2019 Nature's Way Brands, LLC, Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com

Keep out of reach of children. This product has a tamper-evident blister sheet. Do not use if foil or plastic is punctured. Store in a cool, dry place out of direct sunlight.

Indoplex® and BR-DIM® is a proprietary, enhanced bioavailability complex containing Diindolylmethane licensed from BioResponse, LLC, Boulder, CO

HMRlignan™ is used under sublicense from Linnea, SA



LBH15303.A01 BLK8619A

Promeva®

With BR-DIM®
and HMRlignan™

Promeva provides these key phytonutrients to promote breast health.*

BR-DIM® is a bioavailable complex of diindolylmethane (a phytonutrient found in cruciferous vegetables) that promotes healthy estrogen metabolism by increasing the conversion ratio of 2-hydroxyestrogen.*

HMRlignan is an extract of Norway spruce that delivers 7-hydroxymatairesinol (plant lignan) that is converted by the body into enterolactone. HMRlignan increases the level of enterolactone in the blood, which is associated with breast health.*

Promeva delivers additional support with **Vitamin D3** and **Calcium D-Glucarate**.*

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

SINCE **Nature's Way** 1969

Promeva®

Breast Health*

Proactive Nutrition for Women

- BR-DIM®
- HMRlignan™
- Vitamin D3
- Calcium D-Glucarate

Hormone Free

30 Vegetarian Capsules / Dietary Supplement

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

Promeva®

Proactive
Nutrition for
Breast Health*

Taking just one Promeva capsule daily supports breast health* by:

- Promoting healthy estrogen metabolism.*
- Increasing blood levels of enterolactone (ENL).*
- Increasing blood levels of Vitamin D3.*

Taking an intensive dose (1 capsule twice daily) can help reduce cyclical breast tenderness.*

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