

Fem Premenstrual™ is designed to provide targeted support to metabolic pathways involved in hormone metabolism and muscular contraction and relaxation.* It features:

- Specific nutrients to support healthy liver function.*
- Selected herbs traditionally used to support health and well-being throughout the menstrual cycle.*

Directions: Take two tablets once daily for the 10 days prior to menstruation, or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children. Do not exceed the recommended dosage unless directed by your healthcare practitioner.



***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.**



Fem Premenstrual™

Support for a Healthy Menstrual Cycle*

DIETARY
SUPPLEMENT

60 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid).....	66.7 mg..... 111%
Vitamin B ₆ (as pyridoxine HCl)	25 mg..... 1,250%
Pantothenic Acid	25 mg..... 250%
(as calcium D-pantothenate)	
Magnesium	66.7 mg..... 17%
(as magnesium citrate and magnesium bis-glycinate)	
Choline.....	50 mg..... *
Taurine	100 mg..... *
A 5:1 Herbal Extract Blend of:	666 mg..... *
Bupleurum (<i>Bupleurum chinense</i>) Root Extract, Chinese Peony	
(<i>Paeonia lactiflora</i>) Root Extract, Dong Quai (<i>Angelica sinensis</i>) Root	
Extract, Bal-Zhu Atractylodes (<i>Atractylodes macrocephala</i>) Root	
Extract, Poria Sclerotium (<i>Poria cocos</i>) Extract, Ginger (<i>Zingiber</i>	
<i>officinale</i>) Rhizome Extract, Chinese Licorice (<i>Glycyrrhiza uralensis</i>)	
Root Extract, Chinese Mint (<i>Mentha haplocalyx</i>) Leaf Extract	

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, choline bitartrate (hydrogenated soybean oil encapsulate), cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

MANUFACTURED BY: METAGENICS
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