

In addition to key ingredients, which target the common symptoms of PMS, SeraMense™ contains 70+ super foods, extracts and concentrates, certified organic fruits and vegetables, 2 Billion CFU's of probiotics, soluble fiber, natural flavonoids and digestive enzymes. Each scoop is equivalent to the antioxidant power of 15+ servings of fruits and vegetables.**

SeraMense™ puts you in control *during that time of the month.**

Key Ingredients:

Organic Chaste Berry Fruit Powder – Hormone balancing, may relieve breast tenderness, bloating and cramps.

Lemon Balm – Calming herb that may help to alleviate irritability, anxiety and sleep disturbances.

Dong Quai – May help to relax uterine muscles, ease cramps, calms nervous system, relieve headaches and help with moodiness.

Yucca Root – Analgesic pain-reliever, may help with headaches and cramps.

Myo-Inositol – B-Complex vitamin clinically-proven to help with depression, anxiety and irritability.

Royal Jelly – May help to regulate the menstrual cycle and alleviate symptoms such as mood swings, bloating and pain.

Chromax® Chromium Picolinate – Patented form of Chromium Picolinate clinically proven to promote weight loss and weight control. Promote fat metabolism. Improve blood sugar metabolism. Help insulin function better. Can help maintain healthy lipid metabolism. Can help promote cardiovascular health.



DIRECTIONS FOR USE: At the start of each day, add one level scoop of product into 8-10 oz. of water (For superior taste, COLD water recommended). Shake in a closed container & enjoy.

The benefits of SeraMense™ increase with use over time, for best results, take daily.*

Recommended: Refrigerate after opening.

***Allergy Warning: Contains bee product (Royal Jelly), avoid if allergic to bees or bee products

This product has been sealed for your protection. Do not use if seal on cap is broken.

This product is not intended for pregnant woman or children.

Keep out of the reach of young children. Do not exceed recommended daily dose.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

** Based on Total Orac Fm



Greens First Female, LLC
1289 Clint Moore Road
Boca Raton, FL 33487
844-GFFEMALE (433-3625)
GreensFirst.com

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Greens FIRST™ Female

SeraMense™ Plus Probiotics

Natural Relief for PMS*

CHOCOLATE

Contains Superfoods, Probiotics
and Digestive Enzymes

Developed & Recommended by OB/GYNs

- Irritability
- Cramps
- Headaches
- Back Aches
- Bloating
- Mood Swings



Supplement Facts

Serving Size: 15.41g (1 Scoop)

Servings Per Container: 30

Amount per serving	%DV*	Amount per serving	%DV*
Calories 60	Calories from fat 10		
Total Fat	1 g 2%	Apple Pectin Fruit Powder	250 mg †
Saturated Fat	0.5 g 3%	Organic Pumpkin Seed Powder	250 mg †
Total Carbohydrate	9 g 3%	Rice Bran Powder	200 mg †
Dietary Fiber	4 g 16%	Enzyme Blend	250 mg †
Sugars	2 g	Microcrystalline Cellulose, Bromelain Complex, Pepsin Complex, Protease Complex, Amylase Complex, Lipase Complex, Cellulase Complex, Lactase Complex.	
Protein	3 g	Green Tea Leaf Extract	100 mg †
Vitamin A	319 IU 6%	Quercetin Dihydrate	100 mg †
Vitamin C	3.1 mg 5%	Milk Thistle Seed Extract	75 mg †
Vitamin B6	25 mg 1,250%	Organic Beet Root Powder	50 mg †
(as Pyridoxine HCl)		Resveratrol	50 mg †
Calcium	40 mg 4%	(Japanese Knotweed Root Extract)	
Magnesium	400 mg 100%	Organic Cassia (Cinnamon) Bark Powder	50 mg †
(as Magnesium Oxide)		Organic Aloe Vera Leaf Powder	50 mg †
Iron	3.65 mg 21%	Organic Acerola Fruit Powder	25 mg †
Zinc (as Zinc Oxide)	15 mg 100%	Vitis labrusca (Concord Grape) Fruit Powder	25 mg †
Chromium	400 mcg 333%	Turmeric Root Extract	20 mg †
(as Chromax® Chromium Picolinate)		Organic Kelp Powder	15 mg †
Sodium	45mg 2%	Organic Chaste Berry Tree Fruit Powder	500 mg †
		Myo-Inositol	500 mg †
Amount per serving	%DV*	Organic Dong Quai Root Powder	40 mg †
Organic Barley Grass Powder	1.5 g †	Moringa Leaf Powder (Horseradish tree)	200 mg †
Organic Vegetable Blend	1.5 g †	Yucca Lemon Balm Leaf Powder	200 mg †
Organic Carrot Root Powder, Organic Broccoli Head/Plant Powder, Organic Cauliflower Bulb Powder, Organic Spinach Leaf Powder, Organic Parsley Leaf Powder, Organic Collards Leaf Powder, Sunflower Lecithin Powder	1 g †	Yucca Root Powder (Manihot)	50 mg †
Organic Chlorophyll Powder	500 mg †	(Joshua tree)	
Organic Spirulina Powder	500 mg †	Royal Jelly Powder	20 mg †
Our Sure Proprietary Blend	300 mg †	Probiotic Blend Complex (2 Billion CFUs) 12 mg †	
Carrot Root Powder, Green Tea Leaf Extract, Plum Fruit Powder, Grape Seed Extract, Sour Cherry Fruit Powder, Masson Pine Bark Extract, Broccoli Stem & Florets Powder, Tomato Fruit Powder, Spinach Leaf Powder, Collards Leaf Powder, Brassica oleracea var gemmifera (Brussels), Cranberry Fruit Powder, Raspberry Fruit Powder, Blueberry Fruit Powder.		Lactobacillus acidophilus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus Rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium infantis, Lactobacillus Reuteri.	
Stevia Leaf Extract	260 mg †	Licorice Root Extract	5 mg †

* Percent Daily Values (%DV) are based on a 2,000 calorie diet

† Daily Value not established.

Other Ingredients: Chocolate Bean Powder, Pineapple Fruit Powder, Natural Vanilla Flavor & Natural Chocolate Flavor.

Chromax® including the Chromax® logo, is a registered trademark of Nutrition 21, LLC. Chromax® is patent protected.

Dietary Supplement

Net Weight 16.30 oz. (462 grams) Powder