

PreMense-T™ PMS Support*

- Helps regulate normal hormonal balance & menstrual cycles*
- Soothes breast tenderness & menstrual cramps*
- Tones uterine tissues*

LifeSeasons® Formulated for Life.

We create products that are formulated to address specific health concerns that commonly occur through all stages of life. We develop the most effective and potent combination of nutrients, using clinically-tested, natural ingredients that the body can easily absorb.

Manufactured for LifeSeasons®
708 Valley Ridge Circle, #3
Lewisville, TX 75057
www.lifeseasons.com
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Pre-Mense-T™ supports normal menstrual cycles, by nourishing the reproductive organs, and supporting tissue tone and circulation.*

Chaste Berry - Promotes the balance of progesterone and estrogen levels to regulate menstrual cycles*

Dong Quai - Blood nourishing tonic herb, helps to regulate estrogen*

Cramp Bark - Soothes cramping and irritability*

Ginger - Inhibits inflammatory prostaglandins to support more comfortable menstruation*

Vitamin B-6 - Relieves irritability and fluid retention*

*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.

R8.1017



LifeSeasons®

PreMense-T™ PMS Support*

Chaste Berry
Dong Quai
Cramp Bark
Ginger
Vitamin B-6

Dietary Supplement
60 Vegetarian Capsules

Suggested Use: Take 2 capsules daily with or without food.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

	Amount per serving	% Daily Value*
Vitamin B-6 (as pyridoxine hydrochloride)	20 mg	1000%
Dong Quai root (<i>Angelica sinensis</i>)	150 mg	†
Cramp Bark (<i>Viburnum opulus</i>)	125 mg	†
Black Cohosh root extract (<i>Cimicifuga racemosa</i>) (2.5% [2.5 mg] terpenoid glycosides)	100 mg	†
Black Cohosh root (<i>Cimicifuga racemosa</i>)	100 mg	†
Chaste berry extract (<i>Vitex agnus-castus</i>) (0.5% [0.5 mg] agnuside)	100 mg	†
Chaste Berry (<i>Vitex agnus-castus</i>)	75 mg	†
Red Raspberry leaf (<i>Rubus idaeus</i>)	100 mg	†
Wild Yam root (<i>Dioscorea villosa</i>)	100 mg	†
Ginger root (<i>Zingiber officinale</i>)	50 mg	†
Squaw Vine (<i>Mitchella repens</i>)	50 mg	†

† Daily Value not established.
Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Hypromellose (vegetable cellulose), rice bran, silica and rice flour.

DOES NOT CONTAIN artificial colors, gluten, preservatives, yeast and milk.

**GLUTEN FREE
VEGETARIAN FORMULA
NO MAGNESIUM STEARATE**

**DO NOT TAKE WITHOUT FIRST
CONSULTING YOUR HEALTH CARE
PROVIDER.**

