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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.



*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.



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 mg..... 73% |
| Vitamin B ₆ (as pyridoxine HCl)..... | 25 mg..... 1,471% |
| Pantothenic Acid..... | 25 mg..... 500% |
| (as calcium D-pantothenate) | |
| Choline (as choline bitartrate)..... | 50 mg..... 9% |
| Magnesium..... | 65 mg..... 15% |
| (as magnesium citrate and magnesium bis-glycinate) | |
| A 5:1 Herbal Extract Blend of:.....* | |
| Bupleurum (<i>Bupleurum chinense</i>) Root Extract, Chinese Peony (<i>Paeonia lactiflora</i>) Root Extract, Dong Quai (<i>Angelica sinensis</i>) Root Extract, Bai-Zhu Atractylodes (<i>Atractylodes macrocephala</i>) Root Extract, Poria Sclerotium (<i>Poria cocos</i>) Extract, Ginger (<i>Zingiber officinale</i>) Rhizome Extract, Chinese Licorice (<i>Glycyrrhiza uralensis</i>) Root Extract, Chinese Mint (<i>Mentha haplocalyx</i>) Leaf Extract | |
| Taurine..... | 100 mg.....* |

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

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