

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet twice daily, preferably at mealtimes, or as directed by a healthcare practitioner.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Folate	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B12 (as cyanocobalamin)	1,000 mcg	41,667%
Biotin	25 mcg	83%
Pyridoxal-5-Phosphate	12.5 mg	**
Standardized <i>Pueraria mirifica</i> Root Extract (Thai Kudzu) (Miroestrol 16 mcg, Isoflavonoids 16 mcg)	80 mg	**

**Daily Value (DV) not established

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Methacrylic Acid, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, and Color.

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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Part No. 22-02313

PM PHYTOGEN COMPLEX™

Solgar® PM PhytoGen Complex™ includes Thai Kudzu extract (*Pueraria mirifica*), standardized to contain 16 mcg per tablet of the phytoestrogen miroestrol.

True *Pueraria mirifica*, which grows only in two provinces in Thailand, has a long history of traditional use for promoting vitality.†* Modern research has discovered that this particular species of Thai Kudzu contains a complex of phytoestrogens, including miroestrol.

Selecting the correct species of Thai Kudzu is essential to a quality product. Solgar uses an analytical procedure to validate PM PhytoGen Complex™ miroestrol content. Select B vitamins are included to support energy metabolism by converting food into energy, and may also support nervous system health.*

PM PhytoGen Complex™ is manufactured using Solgar's proprietary Smartabsorb™ process, which enteric-coats select ingredients to ensure proper absorption.

† Traditional use claims are based on historical or traditional practices. *Pueraria mirifica* has been used for its rejuvenating properties by menopausal women for over a hundred years in Thailand.

SOLGAR®
Since 1947

PM PHYTOGEN COMPLEX™

(*Pueraria mirifica*)

BALANCING FORMULA*
— FOR WOMEN —

INNOVATIVE SMARTABSORB™ PROCESS



GLUTEN, WHEAT, & DAIRY FREE
SUITABLE FOR VEGANS



60 TABLETS

DIETARY SUPPLEMENT

PM PHYTOGEN COMPLEX™

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Smartabsorb™ proprietary process for proper assimilation of nutrients requiring specific absorption sites.

Solgar's KOF-K certification #K-1250

*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.

