

PRODUCT INFORMATION:

Four capsules typically provide:

		%NRV		%NRV
Vitamin C	200mg	250	Chromium	200µg 500
Niacin			American	
(vitamin B3)	40mg NE	250	Ginseng root	
Vitamin B6	60mg	4286	extract	80mg
Vitamin B12	100µg	4000	Fennel Seed	100mg
Biotin	120µg	240	Dandelion root	240mg
Magnesium	100mg	27	Hops (flower)	160mg
Iron	16mg	114	Bromelain complex	100mg
Zinc	12mg	120		

*NRV = Nutrient Reference Value

INGREDIENTS:

Magnesium citrate, capsule: hydroxypropyl methylcellulose*; dandelion root pdr, vitamin C (as ascorbic acid), hops flower pdr, fennel seed pdr, bromelain complex, cyanocobalamin, American ginseng root extract, ferrous fumarate, pyridoxal 5-phosphate, niacin (as nicotinamide), zinc citrate, pyridoxine HCL, anti-caking agents: magnesium stearate*, silicon dioxide; chromium picolinate, biotin

*(vegetarian source) pdr = powder

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast

Suitable for vegetarians and vegans.

This product is not tested on animals.

higher nature.



PREMENSTRUAL COMPLEX

ULTIMATE NUTRITION

FOOD SUPPLEMENT

60
capsules

PREMENSTRUAL COMPLEX

- ✓ Vitamin B6 contributes to regulation of hormonal activity.
- ✓ Iron contributes to formation of red blood cells and haemoglobin.
- ✓ Chromium contributes to the maintenance of normal blood glucose levels.

DIRECTIONS:

Take 2 capsules twice a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

Long term intake of this amount of Vitamin B6 may lead to mild tingling or numbness. Not advisable if pregnant or taking warfarin.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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