

PRODUCT INFORMATION:

Four capsules typically provide:

| | | %NRV* | | |
|-------------|---------|-------|--------------------|-------|
| Vitamin C | 200mg | 250 | American ginseng | |
| Vitamin B3 | 40mg NE | 250 | root extract | 80mg |
| Vitamin B6 | 60mg | 4286 | Fennel seed | 100mg |
| Vitamin B12 | 100µg | 4000 | Dandelion root 5:1 | |
| Biotin | 120µg | 240 | extract | 48mg |
| Magnesium | 100mg | 27 | (equivalent to | |
| Iron | 16mg | 114 | 240mg dandelion) | |
| Zinc | 12mg | 120 | Hops (flower) | 160mg |
| Chromium | 200µg | 500 | Bromelain | |
| | | | complex | 100mg |

*NRV = Nutrient Reference Value

INGREDIENTS: Magnesium citrate, capsule: hydroxypropyl methylcellulose; vitamin C (ascorbic acid), hops flower powder, fennel seed powder, bromelain complex, vitamin B12 (cyanocobalamin), American ginseng root extract, ferrous fumarate, dandelion root extract (5:1), vitamin B6 (pyridoxal 5-phosphate), vitamin B3 (nicotinamide), zinc citrate, vitamin B6 (pyridoxine HCl), anti-caking agents: magnesium stearate, silicon dioxide; chromium picolinate, biotin.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast.

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

PREMENSTRUAL COMPLEX



60 capsules
vegetarian and vegan

**PREMENSTRUAL COMPLEX
FOOD SUPPLEMENT - 60 CAPSULES**

- ✓ For monthly cycle support
- ✓ 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. 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 blood thinning medication.

STORAGE: Store in a cool, dry place out of reach of children.

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