

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 2 capsules daily with food, or as directed by your health professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product. Harmless changes in urine color may occur with the use of this product. Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

Gluten-free, Non-GMO

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 202345 V2

PMS Support With BioResponse DIM®

Dietary Supplement

Support for PMS symptoms and reproductive health†



60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Thiamine (as thiamine HCl)	25 mg	1,667%
Riboflavin (as riboflavin-5-phosphate)	25 mg	1,471%
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1,250%
Folate (as L-methylfolate, Metafolin®)	400 mcg	100%
Iron (as iron carbonyl)	18 mg	100%
Magnesium	200 mg	50%
(as magnesium amino acid chelate)		
BioResponse DIM®		
Diindolylmethane Complex.....	100 mg	*
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (from sunflower) and silica), (standardized to contain 25% diindolylmethane)		
Chaste Berry Extract.....	100 mg	*
(Vitex agnus-castus, fruit)(standardized to 0.5% agnuside)		

*Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate, and silica

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