

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.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

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.

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

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.



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Formula # 202365 V3

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 D ₃ (as cholecalciferol)	25 mcg (1,000 IU)	125%
Thiamine (as thiamine HCl)	25 mg	2,083%
Riboflavin (as riboflavin-5-phosphate)	25 mg	1,923%
Vitamin B ₆ (as pyridoxal-5-phosphate)	25 mg	1,471%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Iron (as iron carbonyl)	18 mg	100%
Magnesium (as magnesium amino acid chelate)	200 mg	48%
BioResponse DIM®		
Diindolylmethane Complex	100 mg	*
[complex of starch, diindolylmethane, vitamin E (as tocophersolan), phosphatidylcholine (from sunflower) and silica, standardized to contain 25% diindolylmethane]		
Chaste Berry Extract	100 mg	*
[Vitex agnus-castus, berry, standardized to 0.5% agnuside]		

*Daily Value (DV) not established

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