



| Supplement Facts                                                                 |              |                                       |              |
|----------------------------------------------------------------------------------|--------------|---------------------------------------|--------------|
| Serving Size 1 Tablet                                                            |              |                                       |              |
| Amount per Serving                                                               | %Daily Value | Amount per Serving                    | %Daily Value |
| Vitamin E                                                                        | 20 IU 67%    | Bee pollen                            | †            |
| (as DL-alpha-tocopheryl acetate)                                                 |              | Mulcie (leaf)                         | †            |
| Vitamin B6 (as Pyridoxine HCl)                                                   | 2 mg 100%    | Soy isoflavones                       | †            |
| Calcium (as Calcium carbonate)                                                   | 7 mg <1%     | Sarsaparilla (root)                   | †            |
| Magnesium (as Magnesium carbonate)                                               | 7 mg 2%      | Skullcap Extract (10:1) (aerial part) | †            |
| Manganese (as Manganese sulphate)                                                | 2 mg 100%    | Azulema Extract (10:1) (fruit)        | †            |
| Proprietary HerbaX-BB Blend                                                      | 321 mg       | Proprietary Blend (BioXin-4)          | 32 mg        |
| Shepherd's purse (plant)                                                         | †            | Oregano (leaf)                        | †            |
| Licorice (root)                                                                  | †            | Rosemary (leaf)                       | †            |
| Black cohosh Extract (10:1)(rhizome and root)                                    | †            | Green tea (leaf)                      | †            |
| Cramp bark (root)                                                                | †            | Eucalyptus (leaf)                     | †            |
| Red clover Extract (flower)                                                      | †            |                                       |              |
| † Daily Value not established.                                                   |              |                                       |              |
| OTHER INGREDIENTS: MICROCELLULOSE, LACTOSE, SILICON DIOXIDE, MAGNESIUM STEARATE. |              |                                       |              |
| CONTAINS: SOYBEAN AND MILK (LACTOSE).                                            |              |                                       |              |

## Directions

Take 1 tablet with meals. Up to 3 times daily.

## Net Contents

60 Tablets

## PREMENSTRUAL SYNDROME AND MENOPAUSE\*

### Educational Information

A hormonal imbalance in women may increase premenstrual symptoms (PMS). Premenstrual symptoms may include: colic, muscle cramps, nervousness, depression and acne.

This imbalance is also the cause of subsequent early onset of menopause and menopause which include these symptoms: hot flashes, mood changes including depression and irritability as well as insomnia. Taking some plants that contain phytoestrogens like soybeans, and nutrients like vitamin B6 and calcium help mitigate effects of this disorder. Sometimes additional support may be needed in stress management. Taking a relaxing walk outdoors is suggested.

\* 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.