

Recommended Dose: Take 1 capsule 2 times daily with meals, a few hours before or after taking medication or other supplements, or as recommended by your health professional. Do not take with highly acidic foods or medications which may acidify urine. **Warning:** If you are pregnant or lactating, or have high blood pressure, do not use. If you are trying to become pregnant, taking any prescription medication (especially anticoagulants, anti-depressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection), or have any health condition, consult your health professional before use. This product may cause skin rashes or photosensitivity in some people. Avoid excessive exposure to sunlight, tanning lights or UV sources while taking this product. This product may cause serotonin syndrome in sensitive patients and may cause hair loss. Stop use if hypersensitivity occurs. Some people may experience mild gastrointestinal disturbances, nausea, restlessness or headaches. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

† 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.



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order to accommodate required
labeling. Please rely on stated
quantity.

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GENESTRA
BRANDS®

Femagen PMS Capsules

Dietary Supplement

Multivitamin, mineral and herbal support for menstrual comfort†

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings per Container 60

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A (as 100% beta-carotene)	450 mcg	50%	Zinc (as zinc citrate)	5 mg	45%
Vitamin E (as d-alpha tocopheryl succinate)	34 mg	227%	Wild Yam (<i>Dioscorea villosa</i>) Root Extract (10:1)	20 mg	*
Thiamin (as thiamin mononitrate)	10 mg	833%	200 mg Dried Equivalent		
Riboflavin	10 mg	769%	St. John's Wort (<i>Hypericum perforatum</i>) Aerial Parts	20 mg	*
Niacin (as inositol nicotinate)	9 mg	56%	Dandelion (<i>Taraxacum officinale</i>) Leaf	20 mg	*
Vitamin B ₆ (as pyridoxine hydrochloride)	50 mg	2,941%	Parsley (<i>Petroselinum crispum</i>) Aerial Parts	20 mg	*
Folate (as folic acid)	333 mcg DFE (200 mcg folic acid)	83%	Blue Cohosh (<i>Caulophyllum thalictroides</i>) Underground Parts	15 mg	*
Vitamin B ₁₂ (as cyanocobalamin)	25 mcg	1,042%	Chaste Tree (<i>Vitex agnus-castus</i>) Fruit	15 mg	*
Pantothenic Acid (as calcium d-pantothenate)	25 mg	500%	Uva-ursi (<i>Arctostaphylos uva-ursi</i>) Leaf	15 mg	*
Choline (as choline bitartrate)	15 mg	3%	Eleuthero (<i>Eleutherococcus senticosus</i>) Root Extract (10:1)	15 mg	*
Calcium (as calcium citrate tetrahydrate/carbonate)	30 mg	2%	150 mg Dried Equivalent		
Magnesium (as magnesium citrate)	60 mg	14%			

Other ingredients: Hypromellose, magnesium stearate, silica, cellulose

