

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



BEAUTY STARTS FROM WITHIN

MOODY BIRD®

your monthly ally vs. PMS*

dong quai & chaste berry (vitex)

DIETARY SUPPLEMENT
60 VEGETARIAN/VEGAN CAPSULES

Before surrendering to PMS... Check out HUM's Moody Bird® formulated with Dong Quai Root and Chaste Berry (Vitex) extract that helps maintain healthy hormonal balance*. Chaste Berry is widely researched for its reputation to alleviate the symptoms of PMS.*

- ✓ Pure & Potent Nutrients
- ✓ Non-GMO
- ✓ Gluten-Free
- ✓ GMP Certified
- ✓ Sustainably Sourced
- ✓ No Artificial Colors or Preservatives

RECOMMENDED BY
LEADING
NUTRITIONISTS

1 capsule 2 times daily
with food

MEET YOUR FREE NUTRITIONIST AT
HUMNUTRITION.COM

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings per Container: 60

	AMOUNT PER SERVING	% DAILY VALUE
Chaste Berry Tree (Vitex) Extract (Fruit) (<i>vitex agnus castus</i>) (Standardized to min. 1.5% Agnusides)	300 mg	**
Dong Quai (<i>Angelica sinensis</i>) (Root)	150 mg	**

**Daily Value not established

Other ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and Silica.

Contains NO: yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nuts.

At HUM our mission is to make you look great and feel even greater through scientifically researched nutrition.

HUM NUTRITION INC, CALIFORNIA
MADE IN USA

Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.
WARNING: NOT to be used during Pregnancy or Nursing. Use during hormone therapy should be done under supervision of a physician. Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.
Manufactured for Hum Nutrition Inc, Los Angeles, CA 90046 (800) 805-3861