



Suggested Use: Take 2 capsules daily. Optimally, for the first 15 days, take two servings daily. FOR DAILY USE.

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin D (as cholecalciferol)	12.5 mcg (500 IU)	63%
Biotin	1,500 mcg	5,000%
Magnesium (as magnesium citrate)	50 mg	12%
EstroG-100® Proprietary Blend	257 mg	†
(Extract from the roots of <i>Angelica gigas nakai</i> , <i>Cynanchum wilfordii</i> , <i>Phlomis umbrosa</i>)		
Silica	15 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (capsule), rice flour, vegetable stearate.
EstroG-100® is a registered trademark of CK Nutraceuticals.