

LifeSeasons®

NATURE WORKS. SCIENCE PROVES IT.™

Menstruation is triggered by the rising and falling of different hormone levels in the body. Even slight imbalances can cause symptoms, like mood swings or uncomfortable cramps. PreMense-T™ is formulated with all-natural ingredients to support balance and ease symptoms.*



More about
our product!



**LifeSeasons
Women's**

Synergistic formulas tested
for purity and potency*

Springville, Utah
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PreMense-T™ supports normal menstrual cycles by nourishing the reproductive organs, and supporting tissue tone and circulation.*

- **Chaste Berry** - promotes the balance of progesterone and estrogen levels to regulate menstrual cycles*
- **Dong Quai** - a blood-nourishing herb that helps to regulate estrogen*
- **Cramp Bark** - soothes cramping and irritability*
- **Ginger** - inhibits inflammatory prostaglandins to support more comfortable menstruation*
- **Vitamin B6** - helps to relieve irritability and fluid retention*

CAUTION: As with any dietary supplement, do not take without first consulting your healthcare practitioner, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

Rev. 02.20

*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.



LifeSeasons®

PreMense-T™ PMS Support*

Chaste Berry
Dong Quai
Cramp Bark
Ginger
Vitamin B6

Dietary Supplement
60 Vegetarian Capsules

Suggested Use: Take 2 capsules daily, with or without food.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

	Amount per serving	% Daily Value**
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
Dong Quai root (<i>Angelica sinensis</i>)	150 mg	†
Cramp Bark (<i>Viburnum opulus</i>)	125 mg	†
Black Cohosh root extract (<i>Cimicifuga racemosa</i>) (2.5% [2.5 mg] triterpene glycosides)	100 mg	†
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Chaste berry extract (<i>Vitex agnus-castus</i>) (0.5% [0.5 mg] agnuside)	100 mg	†
Red Raspberry leaf (<i>Rubus idaeus</i>)	100 mg	†
Wild Yam root (<i>Dioscorea villosa</i>)	100 mg	†
Chaste berry (<i>Vitex agnus-castus</i>)	75 mg	†
Ginger root (<i>Zingiber officinale</i>)	50 mg	†
Partridge Berry (<i>Mitchella repens</i>)	50 mg	†

**Percent Daily Values are based on a 2,000 calorie diet
† Daily Value not established.

Other Ingredients: Hypromellose (vegetable cellulose), rice bran, and silica.

MADE WITHOUT artificial colors, preservatives, yeast, eggs, fish, shellfish, peanuts, tree nuts, wheat, soy, milk, gluten, and magnesium stearate.

Vegetarian formula. Made in the U.S.A.

