

Remifemin®
Good Night

THIS PRODUCT HAS A
TAMPER-EVIDENT FOIL
POUCH. DO NOT USE
IF FOIL OR PLASTIC
IS PUNCTURED!

RemiSure® Black Cohosh:
clinically proven to relieve
menopausal symptoms*
Restful Sleep Blend™:
supports restful sleep*



ESTROGEN-FREE

DIETARY SUPPLEMENT

Remifemin®
Good Night

Reduces:
Hot Flashes*
Night Sweats*
Mood Swings*

and

Supports
Restful Sleep*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

21 Tablets
One per Night

Remifemin®
Good Night



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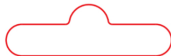
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Remifemin®
Good Night
menopause relief*



SINCE 1969
Nature's Way

Recommendation: Take 1 tablet one hour before bedtime with water. Best results with ongoing use up to 6 months. Do not take other *Cimicifuga* (black cohosh) containing products concurrently.

CAUTION: Do not take if you are hypersensitive (allergic) to *Cimicifuga* rhizome (Black Cohosh rootstock), Valerian, Hops, Melissa Lemon Balm, or any of the other ingredients, or if you are pregnant or nursing. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Consult a healthcare professional prior to use if you are taking sedatives, tranquilizers, prescription drugs, or if you have been treated for breast cancer or any other hormone-dependent cancer. Avoid alcohol and do not drive or operate machinery while taking this product as it may cause drowsiness. Women of childbearing potential should consider an effective method of contraception during the use of this product. For further instructions please read the enclosed insert.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Restful Sleep Blend™**	286 mg**
valerian root extract, lemon balm leaf extract, and hops strobile extract	
RemiSure® Dry Extract equivalent to 42 mg† Black Cohosh (root/rhizome)	5 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, hypromellose, maltodextrin, magnesium stearate, silica, titanium dioxide color, soy lecithin, spirulina color, carnauba wax
Contains soy.

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Restful Sleep and Brighter Days*

RemiSure® Black Cohosh extract is clinically proven to provide significant relief of hot flashes, night sweats, irritability, and mood swings.*

and

Night-time sleep support with our herbal Restful Sleep Blend™.*

The Restful Sleep Blend contains valerian, lemon balm, and hops extracts to support restful sleep.*

Estrogen-Free

Remifemin Good Night menopause relief* is ideal for women who choose not to take Hormone Replacement Therapy (HRT).

Keep out of reach of children. Store at room temperature. Avoid excessive heat and direct sunlight.

†5 mg RemiSure® Dry Extract is equivalent to 42 mg of Black Cohosh (*Cimicifuga racemosa*) root/rhizome per tablet (mean of concentration 8.5:1).

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Questions? 1-800-9NATURE / naturesway.com

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