

Menstrual Relief[®] Hormone Balance[™]

is specially formulated for women who experience common mild symptoms associated with their monthly cycle.* This natural, plant-based formula supplies advanced nutritional support to address a wide range of female hormone-related issues.* This product covers three important areas:

Hormone Balance: Supports a healthy balance of female hormones.*

Menstrual Comfort: Helps to reduce mild symptoms associated with the menstrual cycle.* † Delivers temporary relief of premenstrual and menstrual symptoms.*

Nourishing Herbs: Traditionally used to revitalize, strengthen and tonify the female body.*

Menstrual Relief[®] Hormone Balance[™]

can be used alone or in combination with our Women's Living Green Liquid-Gel Multi[®]. While we suggest taking this product every day for maximum results, some women prefer to use it for two weeks prior to menses.* We encourage you to find what works best for your body!

What makes us different:

Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gel provide an optimum delivery system.

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



Quality Assurance - Irwin Naturals[®] is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.

Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.

Patented BioPerine[®] - Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.

Usage Warnings: Do not use if safety seal is broken. This product contains ingredient(s) that may affect blood pressure and/or heart conditions. Check with your doctor before using this product, if you are using medication, including hormone medications and birth control pills, or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com



100+ Highly Specialized Products:
www.IrwinNaturals.com

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Menstrual Relief[®] Hormone Balance[™]



Helps to Ease Mild Premenstrual
& Menstrual Symptoms[™]
Promotes Balance Throughout
a Woman's Monthly Cycle[™]

84 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take three (3) Liquid Soft-Gels daily with a meal and a full glass (8oz) of water.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels
Servings per Container: 28

	Amount per Serving	% Daily Value
Calories	30	
Total Fat	2 g	2%**
Total Carbohydrates	2 g	<1%**
Protein	1 g	
Vitamin B6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Magnesium (as Magnesium Citrate)	25 mg	6%
Sodium	10 mg	<1%**
Flaxseed Oil	1200 mg	†
Pumpkin Seed Oil	600 mg	†
Maca extract (4:1)(root)	300 mg	†
Shatavari (<i>Asparagus racemosus</i>) extract (4:1)(root)	300 mg	†
Dandelion (<i>Taraxacum mongolicum</i>) extract (4:1)(root)	200 mg	†
Red Raspberry (<i>Rubus idaeus</i>) extract (4:1)(leaf)	200 mg	†
Chaste Tree extract (20:1) (0.5% agnusides, 0.9 mg)(fruit)	175 mg	†
DM (Diindolylmethane)	108 mg	†
Rose (<i>Rosa spp.</i>) extract (10:1)(petal)	30 mg	†
BioPerine Complex	6 mg	†
BioPerine [®] Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet
†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, Tomat-O-Red[®] 2% (color), titanium dioxide (color), silicon dioxide and maltodextrin.
Contains: Soy

• BIOPERINE[®] is a registered trademark of Sabinsa Corporation.
Tomat-O-Red[®] is a registered trademark of LycoRed Corporation.
No preservatives added.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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www.IrwinNaturals.com