

Directions: Adults, take one (1) capsule twice daily. As a reminder, discuss the supplements and medications that you take with your health care provider.

Supplement Facts

Serving Size 1 capsule		
Amount Per Serving	% Daily Value	
Magnesium (as magnesium citrate)	75 mg	18%
Cramp Bark Powder (<i>Viburnum Sp.</i>) (bark)	25 mg	*
Safr'Inside™ Saffron Extract (<i>Crocus sativus</i> L., <i>Iridaceae</i>) (stigma)	15 mg	*
Black Cohosh Extract (<i>Cimicifuga racemosa</i> L.) (root/rhizome)	5 mg	*
* Daily Value not established.		

Other Ingredients: Cellulose (capsule shell), cellulose, Non-GMO maltodextrin, rice bran extract, silica, vegetable glaze, sunflower oil.

CAUTION: Not for use by pregnant or nursing women. If you are taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken.
Store in a dry place between 59°- 86° F.
Keep out of the reach of children.

Safr'Inside™ is a trademark of ACTIV'INSIDE.

This product has been manufactured at a GMP Registered facility.

See box for Lot No. and Best by date information.



Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway,
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 5099
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Don't let PMS disrupt you from feeling your best. Country Life's **PMS Rescue™** is thoughtfully formulated to include ingredients to provide mental and emotional support during PMS, empowering you to feel your best every day of the month.**

#poweryourgreatness™

- YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG
- YES** CERTIFIED VEGAN BY THE AVA
- YES** RECYCLABLE PACKAGING
- YES** MANUFACTURING SUPPORTS WIND POWER
- YES** KOSHER
- NO** YEAST OR WHEAT
- NO** MILK OR SALT
- NO** PRESERVATIVES
- NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- NO** GMOs

Other options for Women's Support



**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.



PMS RESCUE™

Targeted PMS Support**

- Helps reduce PMS symptoms:**
- Cramps**
- Water Retention and Bloating**
- Moodiness**
- Breast Tenderness**



CERTIFIED GLUTEN-FREE
— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

DIETARY SUPPLEMENT
60 | VEGAN CAPSULES | CONVENIENT BLISTER PACKS



Did you know?

PMS symptoms can be disruptive and severe enough to affect your everyday life. It is estimated that as many as 3 of every 4 menstruating women have experienced some form of premenstrual syndrome (PMS).

Ingredients in this product provide targeted premenstrual support for:



Cramps**



Water Retention and Bloating**



Moodiness**



Breast Tenderness**



Convenient portable blister packs!