

Warning: Do not use if pregnant, nursing, have a blood clotting disorder, or are taking blood thinning medication. If you have diabetes or are taking any medications, consult a healthcare professional before use. Persons with allergies to plants of the *Asteraceae* (*Compositae*) family, including ragweed, should use this product with caution.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No sugar, yeast, wheat, dairy products, artificial colors, flavors, or preservatives.

‡Complexed with citrate, fumarate, malate, succinate, and alpha ketoglutarate.

Suntheanine®, a patented form of L-Theanine, is a registered trademark of Taiyo International, Inc.

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Green Bay, WI 54311 USA

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

AUNT FLO® MENSTRUAL FORMULA* provides a unique blend

- Three Traditional Herbal Blends for menstrual health*
- Key Vitamins: B6, B12 & C
- Key Minerals: Calcium, Magnesium & Zinc
- L-Theanine to support relaxation*



VEGETARIAN

*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.



MENSTRUAL FORMULA*

*Traditional Women's
Herbs, Vitamins & Minerals**

20 TABLETS **DIETARY SUPPLEMENT**

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Recommendation: Take 2 tablets daily as needed, or as recommended by a healthcare professional. May take as 1 tablet twice daily.

Supplement Facts

Serving Size 2 Tablets / Servings per Container 10

Amount per Serving		% DV
Vitamin C (ascorbic acid)	30 mg	33%
Vitamin B6 (as pyridoxine HCl)	0.5 mg	29%
Vitamin B12 (as cyanocobalamin)	7.5 mcg	313%
Calcium (as calcium carbonate)	200 mg	15%
Magnesium (as magnesium glycinate chelate)	50 mg	12%
Zinc (as zinc Krebs cycle complex)†	7.5 mg	68%
Sodium	15 mg	<1%
Traditional Herbal Blend II dong quai root extract, cramp bark, and raspberry leaf	340 mg	**
Traditional Herbal Blend I ashwagandha root extract, and L-Theanine (Suntheanine® brand)	215 mg	**
Traditional Herbal Blend III dandelion root extract, and barberry root extract	130 mg	**

**Daily Value (DV) not established.

Other ingredients: citric acid, cellulose, sodium bicarbonate, sodium croscarmellose, stearic acid, hypromellose, silicon dioxide, glycerin, carnauba wax

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