

SUPPORTS A HEALTHY CYCLE*

At Nature's Way®, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. We will go to any continent or country to find where herbs grow best, so we can bring you the purest botanicals possible. It's the way we deliver uncompromising quality and the way to help you live healthier. It's not just our way, it's Nature's Way.™

◆ LG79300.002 BLK83700



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



❁ PREMIUM BLEND ❁

PMS WITH B6 & OTHER B-VITAMINS

SUPPORTS A HEALTHY CYCLE*



100 VEGAN CAPSULES
DIETARY SUPPLEMENT

Recommendation: Take 3 capsules daily, preferably with food.

Supplement Facts

Serving Size 3 Capsules / Servings per Container 33

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%
Dietary Fiber	<1 g	2%
Thiamin (vitamin B1)	750 mcg	63%
Riboflavin (vitamin B2)	852 mcg	66%
Niacin (as niacinamide)	10 mg	62%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,470%
Vitamin B12 (as cyanocobalamin)	3 mcg	125%
Magnesium (as magnesium oxide)	50 mg	12%
Black Cohosh (root)	225 mg	**
Wild Yam (root)	225 mg	**
Dandelion (aerial parts)	150 mg	**
Camp (leaf, bark)	100 mg	**

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

Other ingredients: cellulose, plant-derived capsule (hydroxypropyl methylcellulose), magnesium stearate

Warning: Do not use if 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. Individuals with allergies to plants of the Asteraceae (Compositae) family, including ragweed, should use this product with caution. If taking any medications, consult a healthcare professional before use.

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, salt, yeast, wheat, soy, dairy products, or artificial colors, flavors, or preservatives.

©2019 Nature's Way Brands, LLC
Green Bay, WI 54311 USA

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



BOTTLED FROM
100% RPPC
POST-CONSUMER
RECYCLED PLASTIC

