AM PMS Symptoms* • Lack of Energy* • Irritability* • Mood Swings*

PM Occasional Sleeplessness* • Night Sweats*

*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.

Hormone-Free
For Energy Support and Restful Sleep*

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SINCE Nature's Way 1969

AM/PM PeriMenopause Formula™

Day & Night Relief for PeriMenopausal Symptoms*

Hormone-Free

DIETARY SUPPLEMENTS

30 AM TABLETS and 30 PM TABLETS

WOMEN'S HEALTH*

LBX07236.18 BLK721C, BLK723C

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AM/PM PeriMenopause Formula™

SINCE Nature's Way 1969

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

AM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Green Tea Leaf Extract (Sunphenon®) standardized to 50 mg caffeine	250 mg**
Rhodiola Root Extract standardized to 3% rosavins (6.1 mg) and 1% salidroside (2 mg)	205 mg**
Chaste Tree Berry Extract standardized to 0.6% agnusides (0.2 mg)	40 mg**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, hypromellose, hydroxypropyl cellulose, magnesium stearate, glycerin, riboflavin color

PM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Valerian Root Extract standardized to 0.8% valerenic acids (1.6 mg)	200 mg**
Hops Flower Extract	100 mg**
L-Theanine (Suntheanine®)	50 mg**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, glycerin, silica, carrot and paprika extract color

Suntheanine® and Sunphenon® are registered trademarks of Taiyo International, Inc.

Recommendation: AM: Take 1 (yellow) AM tablet in the morning. PM: Take 1 (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

Day & Night Symptom Relief*

AM Formula (Actual Size)

Ingredients	Support
• Green Tea	• For daytime energy support*
• Chaste Berry	• For menstrual symptoms*
• Rhodiola	• For concentration and mental alertness*

PM Formula (Actual Size)

Ingredients	Support
• Black Cohosh	• For relief of occasional night sweats and mood swings*
• Valerian and Hops	• For restful sleep*
• L-Theanine	• For relaxation and well-being*

WARNING: Do not use if you are pregnant, nursing, or taking antidepressant medication. Do not use if sensitive to caffeine, or if you are under 18 years of age. Each serving of the AM formula contains 50 mg of caffeine. 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. Avoid alcohol and do not drive or operate machinery while taking this product. If you have a kidney disorder, are taking sedatives, tranquilizers or any medications, consult a healthcare professional prior to use.

Keep out of reach of children.

GLUTEN FREE. No yeast-derived ingredients, wheat, soy, dairy products, or artificial flavors, or preservatives.

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(previously branded Enzymatic Therapy, LLC)

Green Bay, WI 54311 USA

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

VEGETARIAN

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