



P.M.S.-PACK

For the Nutritional Management
of Premenstrual Syndrome

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Yeast Free
Dietary Supplement
30 PACKS
(4 Tablets-2 Capsules-1 Softgel/Pack)

Supplement Facts

Serving Size 1 Packet

Amount Per Packet	% DV	Amount Per Packet	% DV
Vitamin C (as L-ascorbic acid) 30 mg33%		Potassium (as potassium citrate)..... 38 mg1%	
Vitamin D-3 (as cholecalciferol) 6.7 mcg (266 IU)34%		Betaine (betaine hydrochloride)..... 5 mg..... *	
Vitamin E 536 MG (800 IU)3,573%		Bioperine 5 mg..... *	
(as d-alpha tocopherol, mixed tocopherol, succinate)		Liver Powder..... 25 mg..... *	
Thiamin (as thiamin hydrochloride) 21 mg1,750%		Valerian Extract (root) 260 mg..... *	
Riboflavin 5.13 mg395%		Black Cohosh (root) 40 mg *	
Niacin (as niacinamide) 105 mg656%		Passion Flower Extract (aerial part) 260 mg *	
Vitamin B-6 (as pyridoxine hydrochloride) 100 mg5,882%		Soy Germ Concentrate (Soylife™) 350 mg..... *	
Folate.....266 mcg (DFE)67%		(containing isoflavones)	
(133 mcg folic acid)		American Ginseng Rt. 25 mg..... *	
Vitamin B-12 (as cyanocobalamin) 10 mcg417%		Horsechestnut Ext. (seed) 25 mg..... *	
Calcium (as calcium carbonate) 200 mg15%		Chasteberry 25 mg *	
Iron (as ferrous fumarate) 27 mg150%		Mexican Yam Extract 10:1 (root) 25 mg..... *	
Iodine (as potassium iodide)..... 50 mcg33%		Boron75 mcg..... *	
Magnesium 73 mg17%			
(as magnesium oxide & gluconate)			
Copper (as copper gluconate) 1 mg111%			
Manganese 1.17 mg51%			
(as manganese gluconate)			

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration for maximum bioavailability.

Keep tightly closed.
Store at room temperature: 59°-86°F (15° to 30°C).
KEEP OUT OF REACH OF CHILDREN.

Other ingredients: Maltodextrin, vegetable cellulose, gelatin, vegetable stearic acid, sodium starch glycolate, silica, vegetable magnesium silicate, vegetable magnesium stearate, bone marrow, vanillin, soybean oil, veg. glycerin, purified water. Contains soy ingredients.

CAUTION: If you are pregnant, nursing or have kidney stones do not take this product. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

* Daily Value not established.

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

DIRECTIONS: As a dietary supplement, take 1 or more packets daily.
TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.
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