



Fem Premenstrual® is designed to provide targeted support to metabolic pathways involved in hormone metabolism and muscular contraction and relaxation. • It features:

- Specific nutrients to support healthy liver and adrenal function. •
- Selected herbs traditionally used to support health and well-being throughout the menstrual cycle. •

•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.

DIRECTIONS: Take three tablets twice daily for 10 days prior to menstruation, or as directed by your healthcare practitioner.

CAUTION: If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.



Fem Premenstrual®

Support for a Healthy
Menstrual Cycle*

Dietary Supplement
Vegetarian

60 TABLETS

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 20

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid).....	100 mg	167%
Vitamin B ₆ (as pyridoxine HCl).....	38 mg	1900%
Pantothenic Acid.....	38 mg	380%
(as D-calcium pantothenate)		
Magnesium.....	100 mg	25%
(as magnesium citrate and magnesium bis-glycinate [†])		
Choline (as choline bitartrate).....	75 mg	*
Taurine.....	150 mg	*
A 5:1 herbal extract blend of:	1000 mg	*
Bupleurum Root (<i>Bupleurum chinense</i>), Chinese Peony Root (<i>Paeonia lactiflora</i>), Dong Quai Root (<i>Angelica sinensis</i>), Bai- Zhu Atractylodes Root (<i>Atractylodes macrocephala</i>), Poria Sclerotium (<i>Poria cocos</i>), Ginger Rhizome (<i>Zingiber officinale</i>), Chinese Licorice Root (<i>Glycyrrhiza uralensis</i>), Chinese Mint Leaf (<i>Monarda haplocalyx</i>)		

*Daily Value not established

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid, silica, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan).

Developed and Manufactured by: METAGENICS, INC.

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[†]Our proprietary fully reacted magnesium amino acid chelate, U.S. Patent# 5,516,925 **Albion®**