

## PRODUCT #01284

**DIRECTIONS:** As a dietary supplement, take four (4) tablets with breakfast or, for optimal results, take two (2) tablets with breakfast and two (2) tablets with lunch. Dosage may be increased as directed by a healthcare practitioner. Our products contain organically grown herbs, when available.

Double-sealed for your protection.  
Do not use if outer seal is broken or missing.

**CAUTION: KEEP OUT OF REACH OF CHILDREN.** Not to be taken by pregnant or lactating women. **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

Consumer Information Services  
Voice Mail: 800-845-2730  
[www.michaelshealth.com](http://www.michaelshealth.com)

Certified Kosher.



Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Made in the U.S.A.  
Family owned and operated.

#michaelshealth

✦ 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.



HEALTHCARE  
SOLUTIONS  
SINCE 1984

Michael's® Naturopathic Programs



# For Women's Changes™

180 vegetarian  
tablets

NIGHTTIME  
ALLY

dietary supplement  
Synergistically Complete

## Supplement Facts

45 servings per container

Serving Size

Four (4) Tablets

| Amount Per Serving                                            | % Daily Value |       |
|---------------------------------------------------------------|---------------|-------|
| Vitamin C (as Calcium Ascorbate)                              | 150 mg        | 167%  |
| Vitamin E (as d-alpha Tocopherol Succinate)                   | 100 mg        | 667%  |
| Vitamin B6 (as Pyridoxine Hydrochloride)                      | 100 mg        | 5882% |
| Pantothenic Acid (as d-Calcium Pantothenate)                  | 150 mg        | 3000% |
| Calcium (as Calcium Amino Acid Chelate and Calcium Ascorbate) | 100 mg        | 8%    |
| Iodine (from Kelp)                                            | 150 mcg       | 100%  |
| Magnesium (as Magnesium Amino Acid Chelate)                   | 100 mg        | 24%   |

|                                                                                                                                                                                                                                                                                                                                                                        |                         |   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---|
| <b>Proprietary Blend</b>                                                                                                                                                                                                                                                                                                                                               | <b>1.75 g (1753 mg)</b> | * |
| Wild Yam Root ( <i>Dioscorea villosa</i> ), Red Clover Extract (Aerial Part) ( <i>Trifolium pratense</i> ) (8% Flavones), Licorice Root ( <i>Glycyrrhiza glabra</i> ), Organic Dong Quai Root ( <i>Angelica sinensis</i> ), Organic Passionflower (Aerial Part) ( <i>Passiflora incarnata</i> ), PABA (Para-aminobenzoic Acid) and Boron (as Boron Amino Acid Chelate) |                         |   |

\*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

MANUFACTURED FOR  
MICHAEL'S® NATUROPATHIC PROGRAMS  
6003 RANDOLPH BLVD  
SAN ANTONIO, TX 78233

