

Suggested Usage: Each month 14 days prior to the onset of menstruation, take 4 capsules daily, preferably with meals, or as recommended by a healthcare professional.

Warnings: Keep out of the reach of children. Pregnant or lactating women, the chronically ill, elderly, individuals under the age of 18, those taking prescription medications (e.g., blood thinners) as well as those with a physician-diagnosed medical condition should consult with a Physician, Pharmacist, Naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F). Improper storage conditions, such as extended exposure to direct sunlight, high heat & humidity can cause product degradation over time.

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*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.

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Manufactured for: Madre Labs, LLC

301 N. Lake Ave., Ste. 500

Pasadena, CA 91101

Contact email:

info@zoiresearch.com

www.ZoiResearch.com

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RESEARCH®

PMS Comfort Support

Functional Ingredients
Formulated to Support
Relief from PMS Discomfort*

Dietary Supplement
56 Vegetarian Capsules



Supplement Facts

Serving Size 4 Capsules

Servings Per Container 14

Amount Per Serving	% Daily Value	
Vitamin D (as D ₂ , Ergocalciferol)	2.5 mcg (100 IU)	13%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg	1471%
Calcium (as Calcium Citrate)	300 mg	23%
Magnesium (as Magnesium Oxide)	150 mg	36%

Proprietary PMS Support Blend 250 mg †
Chasteberry Fruit (*Vitex agnus-castus*), Asparagus Root Powder (*Asparagus recemosus*), Dong Quai Root Powder (*Angelica sinensis*), Fo-Ti Root Powder (*Polygonum multiflorum*), Cramp Bark Powder (*Viburnum opulus*), Black Cohosh Root Powder (*Cimicifuga racemosa*)

Chasteberry Fruit Extract (*Vitex agnus-castus*) 175 mg †
Diindolylmethane Complex (25% DIM) 100 mg †
(Starch, Diindolylmethane, Vitamin E TPGS, Phosphatidylcholine [Sunflower], Silica)

Proprietary Absorption Blend 23 mg †
Black Pepper Fruit Extract (*Piper nigrum*), Ginger Root Extract (*Zingiber officinale*), Long Pepper Fruit (*Piper longum*), Black Pepper Seed (*Piper nigrum*), Enzyme Blend (Amylase, Protease, Lipase, Cellulase, & Lactase), *Bacillus coagulans*

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Modified Cellulose (Vegetarian Capsule), Magnesium Stearate, Stearic Acid, Silicon Dioxide (Silica), and Lavender Oil. Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, or sesame. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.