

PRODUCT INFORMATION:

Four capsules typically provide:

		%NRV*		
Vitamin C	200mg	250	American ginseng	
Niacin			root extract 4:1	80mg
(vitamin B3)	40mg NE	250	Fennel seed	100mg
Vitamin B6	60mg	4286	Dandelion root	
Vitamin B12	100µg	4000	extract 5:1 (equivalent to	
Biotin	120µg	240	240mg dandelion)	48mg
Magnesium	100mg	27	Lemon balm	
Iron	16mg	114	extract 3:1	160mg
Zinc	12mg	120	Bromelain	
Chromium	200µg	500	complex	100mg

*NRV = Nutrient Reference Value

INGREDIENTS: Magnesium citrate, capsule: hydroxypropyl methylcellulose, ascorbic acid (vitamin C), lemon balm leaf extract, fennel seed powder, bromelain complex, cyanocobalamin (vitamin B12), American ginseng root extract, ferrous fumarate, dandelion root extract, pyridoxal 5-phosphate (vitamin B6), nicotinamide (vitamin B3), zinc citrate, pyridoxine HCl (vitamin B6), anti-caking agents: magnesium stearate, silicon dioxide; chromium picolinate, biotin.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

PREMENSTRUAL COMPLEX



60 capsules
vegetarian and vegan

PREMENSTRUAL COMPLEX FOOD SUPPLEMENT - 60 CAPSULES

- ✓ For monthly cycle support
- ✓ Vitamin B6 contributes to regulation of hormonal activity
- ✓ Iron contributes to formation of red blood cells and haemoglobin
- ✓ Chromium contributes to the maintenance of normal blood glucose levels

DIRECTIONS: Take 2 capsules twice a day with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING: Long term intake of this amount of vitamin B6 may lead to mild tingling or numbness. Not advisable if pregnant or taking blood thinning medication.

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