



Supplement Facts

Serving Size 4 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	30 mg 1765%	Green Tea Extract	100 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	(<i>Camellia sinensis</i>)(leaf) [standardized to contain 98% polyphenols and 45% EGCG]	
Vitamin B-12 (as Methylcobalamin)	400 mcg 16667%	Diindolylmethane (DIM)	100 mg *
Calcium (from Calcium D-Glucarate USP)	50 mg 4%	Black Cohosh Extract (<i>Actaea racemosa</i>)(root) [standardized to contain 2.5% triterpene glycosides]	100 mg *
Magnesium (as Di-Magnesium Malate)	50 mg 12%	Broccoli Seed Extract (<i>Brassica oleracea italica</i>)(seed) [standardized to contain 6% sulforaphane glucosinolate]	100 mg *
Calcium D-Glucarate USP	400 mg *	Trans Resveratrol (<i>Polygonum cuspidatum</i>)(root)	20 mg *
Chrysin	200 mg *		
Chaste Tree Extract (<i>Vitex agnus castus</i>)(fruit) [standardized to contain 0.5% agnusides]	200 mg *	*Daily Value not established.	

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, sunflower lecithin, silicon dioxide, vegetable stearate.



Recommended Use: As a dietary supplement, take four capsules per day, or as directed by your health care practitioner.