

Directions: For adults, mix 2 mL (abt. 1/2 tsp) of extract in 2 fl. oz (60 mL) water one time daily preferably with a meal.

Helps to alleviate occasional discomfort from Pre-Menstrual Syndrome (P.M.S).*

***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.**

WARNING: Discontinue use and consult a healthcare practitioner if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use.

KEEP OUT OF REACH OF CHILDREN

PURE HERBS, LTD.™
Natural Herbal Extracts

PMS-W

Dietary Supplement

"No expense has been spared to provide the finest nature has to offer."

4 fl. oz. (120 mL)

SHAKE WELL BEFORE USE

Supplement Facts

Serving Size: 2 mL (abt. 1/2 tsp)
Servings Per Container: 60

Amount per serving	%DV
Proprietary Blend	1937 mg †
Dong Quai (root) (<i>Angelica sinensis</i>) Extract, Stoneroot (root) (<i>Collinsonia canadensis</i>) Extract, Blessed Thistle (aerial parts) (<i>Cnicus</i> <i>sp.</i>) Extract, Raspberry (leaf) (<i>Rubus sp.</i>) Extract, Partridge Berry (aerial parts) (<i>Mitchella</i> <i>repens</i>) Extract, Black Cohosh (root) (<i>Cimicifuga racemosa</i>) Extract, Wild Yam (root) (<i>Dioscorea vilosa</i>) Extract	

† Daily Value (DV) not established.

Other Ingredients: None

Herb: Solvent Ratio 1:7 (Distilled Water & Neutral Grain Spirits 28-38% ABV)

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