

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 1–2 times daily, with meals. May be used daily or during the luteal phase only, as directed by your health professional.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants.

Keep out of the reach of children.



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PMS Essentials

*Supports menstrual comfort
and mood[†]*

Gluten-free, Non-GMO
& Hypoallergenic

Dietary Supplement

120 CAPSULES

Supplement Facts

Serving size 2 capsules
Servings per container 60

	Amount Per Serving	%DV
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopherol succinate)	134 mg	893%
Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	33 mg	1,941%
Calcium (as di-calcium malate) (DimaCal™)	100 mg	8%
Magnesium (as di-magnesium malate) (Albion™)	100 mg	24%
Chaste tree (Vitex agnus-castus) extract (fruit)	200 mg	*
Relora® patented proprietary blend of: magnolia (<i>Magnolia officinalis</i>) extract (bark) and phellodendron (<i>Phellodendron amurense</i>) extract (bark)	270 mg	*
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg	*
* Daily value (DV) not established		

Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide

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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.**

manufactured by: **Pure Encapsulations**
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