PMS, Meet Your Match

PMS Supports:

- + Mood
- + Cramps^t
- + Hormonal Balance'
- + Bloating

We create essential health supplements formulated for the modern woman's everyday needs. Her Own is women's wellness, evolved.

Vegan • Non Gmo • Gluten Free • Soy Free No Synthetic Colors or Preservatives



These statements have not been exclusived by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease,

Chaste Tree Berry

Eases and relieves menstrual pain*

5-HTP

Supports a positive effect on mood

Ashwagandha

Promotes calmness & well being*



Made in USA from globally sourced ingredients



pms

mood & relief

helps regulate mood swings, cramps and promotes hormonal balance‡

> Dietary Supplement 30 Servings / 30 Capsules

Directions: Take 1 capsule daily.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving %Daily Value

Evening Primrose 250 mg (Genothera biennis) powder

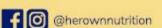
Proprietary Blend 300 mg
Chaste Tree (Vitex agnus-castus) (berry) (4:1 extract)
Dong Quai (Angelica sinensis) powder, Ashwagandha
(Withania somnifera) (1,5% withanolides) extract

5-HTP (Griffonia simplifolia) extract 50 mg

"Daily Value (DV) not established.

Other ingredients: hypromellose (capsule), microcrystalline cellulose, magnesium stearate, silica.

- . Keep out of reach of children.
- . Store in a cool, dry place.
- . Protect from heat, light and moisture.
- . Do not use if seal is broken.



Distributed by: Windmill Health Products® 10 Henderson Drive West Caldwell, NJ 07006

