

PMS, Meet Your Match

PMS Supports:

- + Mood[†]
- + Cramps[†]
- + 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 evaluated 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[†]



herown.com

Made in USA from globally sourced ingredients

her own™

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 (<i>Oenothera biennis</i>) powder	250 mg	*
Proprietary Blend	300 mg	*
Chaste Tree (<i>Vitex agnus-castus</i>) (berry) (4:1 extract)		
Dong Quai (<i>Angelica sinensis</i>) powder, Ashwagandha (<i>Withania somnifera</i>) (1,5% withanolides) extract		
5-HTP (<i>Griffonia simplicifolia</i>) 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.



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Distributed by:
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