

AM Hot Flashes* • Lack of Energy* • Irritability* • Mood Swings*

PM Night Sweats* • Occasional Sleeplessness*

*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.

Hormone-Free Formula for: Daytime Energy* Nighttime Restful Sleep*

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HORMONE FREE

AM/PM Menopause Formula™

Day & Night Relief for Menopausal Symptoms*

2 DIETARY SUPPLEMENTS

30 AM TABLETS and 30 PM TABLETS

WOMEN'S HEALTH*

LBX07206.20 BLK720G, BLK721C



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AM/PM Menopause Formula™



AM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV**
Green Tea (leaf) Extract (Sunphenon®) standardized to 20% caffeine	250 mg**
Asian Ginseng (root) Extract standardized to 7% ginsenosides	100 mg**
Black Cohosh (root, rhizome) Extract standardized to 2.5% triterpene glycosides	20 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, magnesium stearate, silica, glycerin

PM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV†
Total Carbohydrate	<1 g <1%†
Valerian (root) Extract standardized to 0.8% valerenic acids	200 mg **
Hops (flower) Extract	100 mg **
L-Theanine (Suntheanine®)	50 mg **
Black Cohosh (root, rhizome) Extract standardized to 2.5% triterpene glycosides	20 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, glycerin, silica, carrot and paprika extract color
Suntheanine® and Sunphenon® are registered trademarks of Taiyo International, Inc.

KEEP OUT OF REACH OF CHILDREN.
THIS PRODUCT HAS A TAMPER-EVIDENT FOIL POUCH. DO NOT USE IF FOIL OR PLASTIC IS PUNCTURED. STORE AT ROOM TEMPERATURE. AVOID EXCESSIVE HEAT AND DIRECT SUNLIGHT.

Recommendation: **AM:** Women take 1 (tan) AM tablet in the morning. **PM:** Women take 1 (purple) tablet 30-60 minutes before bedtime. May take four to five weeks to achieve full benefits. Continue use to maintain benefits. Do not take other *Cimicifuga* (black cohosh) containing products concurrently.

Day & Night Symptom Relief*

AM Formula

Ingredients

- Black Cohosh
- Green Tea

Support

- For hot flashes & irritability*
- For daytime energy support*

Actual Size

PM Formula

Ingredients

- Black Cohosh
- Valerian and Hops
- L-Theanine

Support

- For relief of occasional night sweats and mood swings*
- For restful sleep*
- For relaxation and well-being*

Actual Size

WARNING: Do not use if you are pregnant, nursing, under 18 years of age, or sensitive to caffeine. Each serving of the AM formula contains 50 mg of caffeine. If you have diabetes, or if you are taking sedatives, tranquilizers, or other medications, consult a healthcare professional before use. If you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice, discontinue use and consult a healthcare professional.

WARNING FOR PM TABLET: Avoid alcohol and do not drive or operate machinery while taking this product as it may cause drowsiness.

GLUTEN FREE. No yeast-derived ingredients, wheat, soy, or dairy.

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Questions? 1-800-9NATURE / naturesway.com



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