

swanson.com
or call 1-800-437-4148

- Combines nature's best women's health herbs together in one convenient formula
- Also provides support for monthly menstrual discomfort

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie capsule three to four times per day with water.

WARNING: For adults only. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medication or if you have a medical condition. Discontinue use if you experience gastrointestinal discomfort. Contains dong quai; avoid lengthy exposure to natural sunlight and other sources of UV light as this product may increase your skin's photosensitivity, resulting in sunburn or skin rash.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



Menopause Essentials

Women's Health

COMPREHENSIVE SUPPORT

DIETARY SUPPLEMENT | 120 VEGGIE CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving		% Daily Value
Magnesium	50 mg	12%
(from magnesium oxide)		
Damiana Leaf	150 mg	*
Black Currant Seed Oil	71 mg	*
(7% gamma-linolenic acid)		
Chasteberry Extract	50 mg	*
(standardized to 0.5% agnusides) (fruit)		
Dong Quai Extract (root)	50 mg	*
Wild Yam Extract	31 mg	*
(16% diosgenin) (root)		
Black Cohosh Extract	30 mg	*
(standardized to 2.5% triterpene-glycosides) (root)		
Ginkgo biloba Leaf Extract	10 mg	*
(standardized to 24% flavone glycosides, 6% terpene lactones)		

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), silica, maltodextrin, calcium palmitate, rice flour.

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