

**Directions:** Take 2 capsules daily, with or without food.

**Caution:** For adults. Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a healthcare professional before use.

**Keep out of reach of children.** Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

**Vegan. Gluten-Free.**

No artificial colors, flavors, preservatives, yeast, eggs, fish, shellfish, peanuts, tree nuts, wheat, milk, or magnesium stearate. **Made in USA** with globally sourced ingredients.



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## PreMense-T™ helps ease menstrual discomfort by promoting hormonal and emotional balance\*

- **Chaste Tree** supports healthy estrogen and progesterone levels to regulate menstrual cycles\*
- **Dong Quai** helps regulate estrogen\*
- **Cramp Bark** comforts occasional discomfort, cramps and irritability associated with menstruation\*
- **Ginger** helps support healthy inflammatory response\*
- **Vitamin B6** helps reduce irritability and fluid retention\*

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

 LifeSeasons®  
THERAPEUTICS

# PreMense-T™ PMS Support\*

Chaste Berry  
Cramp Bark  
Vitamin B6  
Dong Quai  
Ginger

DIETARY SUPPLEMENT  
60 VEG CAPSULES

## SUPPLEMENT FACTS

Serving Size 2 Capsules / Servings Per Container 30

Amount Per Serving		% DV
Vitamin B6 (as pyridoxine HCl)	20 mg	1,176 %
Dong Quai ( <i>Angelica sinensis</i> ) Root	150 mg	**
Cramp ( <i>Viburnum opulus</i> ) Bark	125 mg	**
Black Cohosh ( <i>Actaea racemosa</i> ) Root Extract (2.5% [2.5 mg] triterpene glycosides)	100 mg	**
Black Cohosh ( <i>Actaea racemosa</i> ) Root and Rhizome	100 mg	**
Chaste Tree ( <i>Vitex agnus-castus</i> ) Berry Extract (0.5% [0.5 mg] agnuside)	100 mg	**
Red Raspberry ( <i>Rubus idaeus</i> ) Leaf	100 mg	**
Wild Yam ( <i>Dioscorea villosa</i> ) Root	100 mg	**
Chaste Tree ( <i>Vitex agnus-castus</i> ) Berry	75 mg	**
Ginger ( <i>Zingiber officinale</i> ) Rhizome	50 mg	**
Partridge ( <i>Mitchella repens</i> ) Berry	50 mg	**

\*\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (Vegetable Cellulose), Rice Bran, Silica, and Rice Flour.

Exclusively formulated and distributed by  
LifeSeasons®, Kaysville, UT 84037, USA  
**Questions? (877) 455-2826 or**  
[www.lifeseasons.com](http://www.lifeseasons.com)