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Other Ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, and silica

Manufactured by:

Douglas Laboratories

600 Boyce Road • Pittsburgh, PA 15205 USA

www.douglaslabs.com • 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 2 capsules daily with food, or as directed by your healthcare professional.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Do not use if you are pregnant, may become pregnant, or lactating. Harmless changes in urine color may occur with the use of this product.

†This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #201715

PMS Support[†] With BioResponse DIM®

A Dietary Supplement



60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 1,000 IU	250%
Thiamine (as Thiamine HCl) 25 mg	1,667%
Riboflavin (as Riboflavin-5-phosphate) 25 mg	1,471%
Vitamin B-6 (as Pyridoxal-5-phosphate) 25 mg	1,250%
Folate (as L-methylfolate, Metafolin®) 400 mcg	100%
Iron (as Ferronyl®) 18 mg	100%
Magnesium 200 mg	50%
(as Magnesium amino acid chelate)	

BioResponse DIM®	
diindolylmethane complex 100 mg	*
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine [soy] and silica), (standardized to contain 25% diindolylmethane)	
Chaste Berry Extract 100 mg	*
(<i>Vitex agnus-castus</i> , fruit)(standardized to 0.5% Agnuside and 0.4% Aucubin)	

*Daily Value not established.