

Our exclusive formula is made with professional-grade ingredients that deliver real results for PMS sufferers. The special combination of phytonutrients, vitamins and minerals targets common PMS symptoms at their source and helps to balance and minimize hormonal fluctuations associated with PMS. **SeraMense™** puts you in control during *that time of the month.**

Key Ingredients in SeraMense™:

Organic Chaste Berry Fruit Powder—Hormone balancing, may relieve breast tenderness, bloating and cramps.*

Lemon Balm—Calming herb that may help to alleviate irritability, anxiety and sleep disturbances.*

Dong Quai—May help to relax uterine muscles and ease cramps. Calms nervous system, may relieve headaches and help with moodiness.*

Yucca Root—Analgesic pain-reliever, may help with headaches and cramps.*

Myo-Inositol—B-Complex vitamin clinically-proven to help with depression, anxiety and irritability.*

Royal Jelly—May help to regulate the menstrual cycle and alleviate symptoms such as mood swings, bloating and pain.*

Chromax® Chromium Picolinate—Patented form of Chromium Picolinate clinically proven to promote weight loss and weight control. Promotes fat metabolism. Improves blood sugar metabolism. Helps insulin function better. Can help maintain healthy lipid metabolism. Can help promote cardiovascular health.*



SeraMense™ contains highest quality, professional-grade ingredients manufactured in an FDA-registered cGMP facility and independently-tested for potency and purity.

Chromax®, including the Chromax® logo, is a registered trademark of Nutrition 21, LLC. Chromax® is patent protected.

Greens **FIRST** Female™

SeraMense™
Plus Probiotics

Natural Relief for PMS*

Developed & Recommended by OB/GYNs

- Irritability
- Cramps
- Headaches
- Back Aches
- Bloating
- Mood Swings



Directions for Use: Take 5 capsules daily.

Supplement Facts

Serving Size: 5 Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin B6 (as Pyridoxine HCl)	25 mg	1,471%
Magnesium (as Magnesium Citrate)	400 mg	95%
Zinc (as Zinc Oxide)	15 mg	136%
Chromium (as Chromax® Chromium Picolinate)	400 mcg	1,143%
Organic Chaste Tree Fruit Powder	600 mg	†
Myo-Inositol	500 mg	†
Organic Dong Quai Root Powder	400 mg	†
Horseradish Tree Leaf Powder	200 mg	†
Organic Lemon Balm Leaf Powder	200 mg	†
Yucca filamentosa Root Powder	50 mg	†
Royal Jelly Powder	20 mg	†
Probiotic Blend Complex	12 mg (2 Billion CFU [†])	†
<small>Lactobacillus acidophilus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium infantis, Lactobacillus reuteri</small>		

† Daily Value not established

Other Ingredients: Hypromellose (vegetarian capsule), Microcrystalline Cellulose, Magnesium Stearate.

*at the time of manufacture

*****Allergy Warning: Contains bee product (Royal Jelly), avoid if allergic to bees or bee products.**

Distributed by: Greens First Female, LLC

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Dietary Supplement

150 Vegetable Capsules