



WONDER

FORMULA

009

Laboratories®

P.M.S.-PACK

For the Nutritional Management
of Premenstrual Syndrome

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Yeast Free

Dietary Supplement

30 PACKS (5 Tablets-2 Capsules/Pack)

Supplement Facts

Serving Size 1 Pack (5 Tablets-2 Capsules)

Amount Per Packet	% DV
Vitamin C (as L-ascorbic acid)	20 mg..... 33%
Vitamin D-3 (as cholecalciferol)	133 IU..... 33%
Vitamin E (as d-alpha tocopherol)	600 IU..... 2000%
Thiamin (as thiamin hydrochloride)	21 mg..... 1400%
Riboflavin	5.13 mg..... 301%
Niacin (as niacinamide)	105 mg..... 525%
Vitamin B-6	100 mg..... 5000%
(as pyridoxine hydrochloride)	
Folic Acid	133 mcg..... 33%
Vitamin B-12 (as cyanocobalamin)	10 mcg..... 167%
Calcium (as calcium carbonate)	100 mg..... 10%
Iron (as ferrous fumarate)	27 mg..... 150%
Magnesium	73 mg..... 18%
(as magnesium oxide & gluconate)	
Copper (as copper gluconate)	1 mg..... 50%
Manganese	1.17 mg..... 58%
(as manganese gluconate)	
Potassium	38 mg..... 1%
(as potassium citrate)	

Other ingredients: Calcium carbonate, maltodextrin, vegetable cellulose, gelatin, vegetable stearic acid, sodium starch glycolate, silica, vegetable magnesium silicate, vegetable magnesium stearate, bone marrow, vanillin, soybean oil, veg. glycerin, purified water. Contains soy ingredients.

CAUTION: If you are pregnant, nursing or have kidney stones do not take this product. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Amount Per Packet	% DV
Betaine (betaine hydrochloride).....	5 mg..... *
Bioperine	5 mg..... *
Liver Powder	50 mg..... *
Valerian Extract (root)	260 mg..... *
Black Cohosh (root)	40 mg..... *
Passion Flower Extract (aerial part)	260 mg..... *
Soy Germ Concentrate (SoyLife™)	350 mg..... *
(containing isoflavones)	
American Ginseng	25 mg..... *
Horsechestnut Ext. (seed)	25 mg..... *
Chasteberry	25 mg..... *
Mexican Yam Extract 10:1 (root)	25 mg..... *
Boron	75 mcg..... *

* Daily Value not established.

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.

DIRECTIONS: As a dietary supplement, take 1 or more packets daily.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.

Distributed by: **Wonder Laboratories®**
115 S.C.T. Ct., White House, TN 37188
Made in USA

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