

Other Ingredients: Microcrystalline Cellulose, Modified Cellulose, Vegetable Stearate, Stearic Acid, Silica, Lavender Oil.

Contains Soy.

Directions: As a dietary supplement for adults, take 4 capsules daily, preferably with meals. For best results, each month take for the 14 days prior to the onset of menstruation.

Do not use if you are pregnant or nursing.
Keep out of reach of children.
Protect from light.

PMSHarmony™ - taking inspiration from Nature. This 100% vegetarian product has an aromatic botanical essence added, along with natural whole plant co-factors including Chasteberry fruit.

Contains absolutely no added yeast, sugar, salt, starch, wheat, gluten, dairy or artificial colors.

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and licensed from BioResponse, L.L.C., Boulder, CO.

* 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.

Manufactured by
Futurebiotics®
Hauppauge, NY 11788
www.futurebiotics.com
800-FOR-LIFE (800) 367-5433
100% Satisfaction Guaranteed
Best if used by date shown on bottle.



pmsharmonyTM advanced pms complex

clinically proven nutrients for
nutritional pms support*

dietary supplement
56 vegetarian capsules



Supplement Facts

Serving size 4 capsules
Servings Per Container 14

Amount Per Serving	% Daily Value
Vitamin D (as Ergocalciferol)	2.5 mcg (100 IU) 12.5%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg 1471%
Calcium (as Calcium Citrate)	300 mg 23%
Magnesium (as Magnesium Oxide)	150 mg 36%
Chasteberry fruit extract (standardized to contain 0.5% [0.88 mg] agnusides)	175 mg †
BioResponse DIM® (a proprietary, enhanced bioavailability complex containing 25% diindolylmethane), starch, diindolylmethane, Vitamin E, phosphatidylcholine, silica	100 mg †
Proprietary PMS Support Compound: Chasteberry fruit, <i>Asparagus officinalis</i> shoot, Dong Quai root, Fo-Ti root, Cramp bark, Black Cohosh root	250 mg †
Futurebiotics BioAccelerators™ (Bioperine®+, Ginger root extract, Trikatu, Digezyme®+, Lactospore®+)	23 mg
† Daily Value not established	