

Provides Daytime & Nighttime Menopause Relief[†]

AM FORMULA PM FORMULA

SUGGESTED USE: Adults, take 1 capsule in the morning.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving	%DV
Thiamin (as Thiamine HCl)	3 mg 250%
Riboflavin	3.4 mg 260%
Vitamin B6 (as Pyridoxine HCl)	4 mg 240%
Folate (400 mcg as Folic Acid)	680 mcg DFE 170%
Vitamin B12 (as Cyanocobalamin)	12 mcg 500%
Calcium (as Calcium Carbonate)	125 mg 10%
Soy Extract (Glycine max) (soy germ)	62 mg *
Soy Isoflavones	25 mg *
Black Cohosh Extract (Cimicifuga racemosa) (rhizome)	40 mg *
Triterpene Glycosides	1 mg *

*Daily Value (DV) not established.

Other Ingredients: Gelatin, Maltodextrin, Magnesium Stearate, Dibasic Calcium Phosphate, Gum Arabic.

Contains: Soy
Distributed by NATROL LLC
Sherman Oaks, CA 91403, USA
1-800-2-NATROL (800-262-8765)
www.natrol.com

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Sesame

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking any medications. Do not use this product if you have or have a history of liver problems and/or disease or frequently use alcoholic beverages. Discontinue use and consult your healthcare professional if unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, brown urine, light-colored stools, yellow eyes or skin occur. Not for use by individuals under 18 years of age or who are pregnant or nursing. Do not exceed recommended usage.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

SUGGESTED USE: Adults, take 1 capsule 30 minutes before bedtime.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving	%DV
Calcium (as Calcium Carbonate)	175 mg 15%
Soy Extract (Glycine max) (soy germ)	62 mg *
Soy Isoflavones	25 mg *
Melatonin	1 mg *

*Daily Value (DV) not established.

Other Ingredients: Gelatin, Maltodextrin, Gum Arabic, Magnesium Stearate.

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WARNING: This product is not intended to treat insomnia or other sleep disorder. Consult a physician before using this product if under the age of 18, taking medication, have any medical condition, are pregnant or lactating, have an autoimmune condition or depressive disorder. Melatonin may cause drowsiness or sleepiness, do not take when driving or operating heavy machinery, or consuming alcohol. If adverse reactions occur, discontinue use. For occasional short-term use only. Use only as directed and do not exceed suggested use. This product should never substitute healthy sleep practices.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

APPROX.
FILL LINE



AM FORMULA

- ✓ Soy Isoflavones and Black Cohosh work with your body to help relieve hot flashes[†]
- ✓ B Vitamins support a healthy mood[†]
- ✓ Calcium helps support healthy bone mass that decreases with age[†]

NATROL®

MENOPAUSE RELIEF

Complete Balance™

100%
DRUG
FREE

- ✓ Provides daytime & nighttime menopause relief[†]

AM FORMULA PM FORMULA

- ✓ Helps relieve hot flashes[†]
- ✓ Supports a healthy mood[†]
- ✓ Supports strong bones[†]

- ✓ Helps relieve night sweats[†]
- ✓ Promotes sleep[†]
- ✓ Supports strong bones[†]

TWO 30 Capsule Bottles
(60 Total)

DIETARY SUPPLEMENT



PM FORMULA

- ✓ Soy Isoflavones help relieve night sweats[†]
- ✓ Melatonin promotes a more restful, relaxing sleep[†]
- ✓ Calcium helps support healthy bone mass that decreases with age[†]

LOT/EXP:



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