

AM Hot Flashes* - Irritability* - Mood Swings*

PM Night Sweats* - Occasional Sleeplessness*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Hormone Free Formula Supports:

Daytime Energy* - Nighttime Restful Sleep*

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**HORMONE FREE
DRUG FREE**



AM/PM Menopause Formula™

**Day & Night Relief for
Menopausal Symptoms***

**PLANT
POWERED**

2 DIETARY SUPPLEMENTS - 30 AM TABLETS AND 30 PM TABLETS

AM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV**
Green Tea (leaf) Extract (Sunphenon®) standardized to 20% caffeine (50 mg)	250 mg**
Asian Ginseng (root) Extract standardized to 7% ginsenosides (7 mg)	100 mg**
Black Cohosh (root, rhizome) Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg**

**Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, magnesium stearate, silica, glycerin

PM FORMULA

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV†
Total Carbohydrate	<1 g <1%†
Valerian (root) Extract standardized to 0.8% valerenic acids (1.6 mg)	200 mg **
Hops (flower) Extract	100 mg **
L-Theanine (Suntheanine®)	50 mg **
Black Cohosh (root, rhizome) Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, glycerin, silica, carrot and paprika extract color

GLUTEN FREE. No wheat, soy, dairy, or gelatin.

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AM/PM Menopause Formula™

KEEP OUT OF REACH OF CHILDREN.
THIS PRODUCT HAS A TAMPER-EVIDENT FOIL POUCH. DO NOT USE IF FOIL OR PLASTIC IS PUNCTURED. STORE AT ROOM TEMPERATURE. AVOID EXCESSIVE HEAT AND DIRECT SUNLIGHT.

Recommendation: **AM:** Women take 1 (tan) AM tablet in the morning. **PM:** Women take 1 (purple) PM tablet 30-60 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits. Do not take other *Cimicifuga* (black cohosh) containing products concurrently.

Day & Night Symptom Relief*
Support for physical and emotional symptoms of menopause*

AM Formula - Helps with:

- Hot flashes*
- Irritability*
- Mood swings*
- Daytime energy*

PM Formula - Helps with:

- Night sweats*
- Restful sleep*
- A relaxed mental state*

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

WARNING FOR AM TABLET: Do not take if you are pregnant, nursing, under 18 years of age or sensitive to caffeine. Each serving of this product contains 50 mg of caffeine. If you have diabetes, or if you are taking any medications, consult a healthcare professional before use. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice.

WARNING FOR PM TABLET: Do not take if you are pregnant or nursing. If you are taking sedatives, tranquilizers, or any other medications, consult a healthcare professional before use. Avoid alcohol and do not drive or operate machinery while taking this product as it may cause drowsiness. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice.

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