

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.

AM PMS Symptoms* - Irritability* - Mood Swings*

PM Occasional Sleeplessness* - Night Sweats*

*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*

*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
DRUG FREE**



AM/PM PeriMenopause Formula™

**Day & Night Relief for PMS
& PeriMenopausal 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**
Rhodiola (root) Extract standardized to 3% rosavins (6.1 mg) and 1% salidroside (2 mg)	205 mg**
Chaste Tree (berry) Extract standardized to 0.5% agnusides (0.2 mg)	40 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, hypromellose, hydroxypropyl cellulose, magnesium stearate, glycerin, riboflavin color

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.

Suntheanine® and Sunphenon® are registered trademarks of Taiyo International, Inc.

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

Recommendation: AM: Women take 1 (yellow) 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 PMS and perimenopause*

AM Formula - Helps with:

- Daytime energy*
- Hot flashes*
- Irritability and mood swings*
- PMS symptoms including bloating, breast fullness, and occasional headaches*

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 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.

©2024 Nature's Way Brands, LLC

Green Bay, WI 54311 USA

Packaged and tested in the USA

Questions? 1-800-962-8873 / [naturesway.com](https://www.naturesway.com)



**AM/PM
PeriMenopause
Formula™**

LHBX07236.01 BLK723C, BLK721C

