

## SUPPLEMENT FACTS

Serving Size: 2 Capsules

Amount Per Serving

	%Daily Value
Coral Calcium	185 mg 19%
Horsetail(whole)(Equisetum arvense)	120 mg *
Black Cohosh(Cimicifuga racemosa)	115 mg *
Dong Quai(root)(Angelica sinensis)	115 mg *
Red Raspberry(leaves)(Rubus idaeus)	110 mg *
Schizandra(berry)(Schisandra chinensis)	105 mg *
Vitex(Chaste berry) (Vitex angus castus)	50 mg *
Valerian(root) (Valeriana officinalis)	30 mg *
Papaya (fruit)(Carica papaya)	50 mg *

\*Daily Value not Established

Other Ingredients: Vegetable Cellulose (capsule) and Diatomaceous Earth

NO: Chemical Fillers or Binders, Artificial coloring, artificial flavor, preservatives, yeast, corn, milk or milk derivatives, lactose, salt, sodium, soy, sugar, gluten, starch or wheat.

Mfg. for Signature Supplements  
P.O.. Box 1112, San Clemente, CA  
From a GMP Facility  
yoursignaturesupplements.com

## Signature Supplements

PMS  
RELIEF

with Vitex & Schizandra

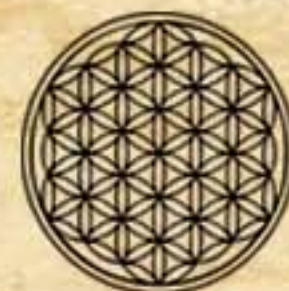
PMS RELIEF is designed to support normal hormone levels and menstrual cycles.\*

**DIRECTIONS:** For adults, take two (2) capsules daily, more if needed.

As a reminder, discuss the supplements and medications you take with your health care providers.

**KEEP OUT OF REACH OF CHILDREN STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.**

\*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.



USE BY:12/15/2026

DIETARY SUPPLEMENT

100 CAPSULES

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