

Premense-T™ PMS Support*

- Supports PMS*
- Supports hormonal balance*
- Helps manage cramps and irritability*
- Helps maintain regularity of the menstruation cycle*

For life's change of seasons, there's LifeSeasons™.

Every new season brings change. It's the cycle of life that renews and energizes. Yet as you age, poor diet, environmental toxins, lack of exercise or personal stress can challenge your good health. LifeSeasons offers a brand of supplements designed to support both your daily nutritional needs plus specific health concerns.

LOT 082513
EXP 09/2014

This Best in Class formulation is a synergistic formula developed to support hormonal balance and symptoms related to PMS*

Vitex - Helps maintain regularity of the menstruation cycle*

Don Quai - Assists with restoring order to the menstruation cycle*

Cramp Bark - supports the body's ability to manage cramps and irritability*

Ginger - helps with nausea, motion sickness and indigestion*

Vitamin B6 - Supports the body in providing hormonal balance*

*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.

Rev. 1



PreMense-T™ PMS Support

Vitex

Dong Quai

Cramp Bark

Ginger

Vitamin B6

Dietary Supplement 60 Vegicaps®

Suggested Use: Take 2 Vegicaps® daily with or without food.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

Amount per serving	% Daily Value
Vitamin B6 Pyridoxine HCL	20 mg 1000%
Dong Quai (<i>Angelica sinensis</i>) (root)	150 mg †
Cramp Bark (<i>Viburnum opulus</i>)	125 mg †
Chaste Tree (<i>Vitex agnus castus</i>) (fruit) Extract (min. 0.5% Agnusides)	100 mg †
Black Cohosh (<i>Cimicifuga racemosa</i> L.) (root)	100 mg †
Wild Yam (<i>Dioscorea villosa</i>) (root)	100 mg †
Black Cohosh (<i>Cimicifuga racemosa</i> L.) (root) Extract (2.5%	100 mg †
Red Raspberry (<i>Rubus idaeus</i>) (leaf)	100 mg †
Chaste Tree (<i>Vitex agnus castus</i>) (fruit)	75 mg †
Ginger (<i>Zingiber officinale</i>) (root)	50 mg †
Squaw Vine (<i>Mitchella repens</i>) (herb)	50 mg †

† Daily Value not established.

Percent Daily Values are based on a 2,000 calorie diet

Other ingredients: Vegetable cellulose, rice bran, rice flour, silica.

DOES NOT CONTAIN artificial colors, gluten, preservatives, yeast, and milk.

VEGETARIAN FORMULA

DO NOT TAKE WITHOUT FIRST CONSULTING YOUR HEALTH CARE PROVIDER.

Manufactured for LifeSeasons™
790 Estates Drive
Copper Canyon, TX 75077
www.lifeseasons.com

© 2011 LifeSeasons