

Suggested Use: Take two (2) tablets daily up to five days prior to your menstrual cycle and during the cycle as needed or as recommended by your health care practitioner.

Indicación: Tomar dos (2) tabletas diariamente por cinco días antes de su ciclo menstrual y durante su menstruación ó como sea recomendado por un profesional de la salud.

Description: Only Natural's Premenstrual Support has been formulated to help relieve the symptoms of PMS and also provides women with specific nutrients that may be lost during their menstrual period.*

Nutrition Questions or Comments?
Call Only Natural Inc. at 516-897-7001
Mon. - Fri. 9 AM - 5 PM EST
For healthy tips and product
information visit us at:
www.onlynaturalinc.com

*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.

ONLY NATURAL
Est.1986

Premenstrual Support

For Relief From PMS*

*** Bloating * Fatigue
* Cramping**

Dietary Supplement • 32 Tablets

Supplement Facts

Serving size: two (2) tablets

Each tablets supplies:	% Daily Value	Each tablets supplies:	% Daily Value	Each tablets supplies:	% Daily Value
Vitamins:		Iron (Ferrous Peptonate)	10 mg 55.5%	Herbs:	
B-5 (d-Calcium Pantothenate)	100 mg 1,000%	Copper (Amino Acid Chelate)	1 mg 50%	Dong Quai (Angelica Sinensis)	100 mg **
B-6 (Pyridoxine HCl)	50 mg 2,500%	Iodine (from Kelp)	75 mcg 50%	Black Cohosh (Cimicifuga Racemosa)	50 mg **
B-12 (Hydroxycobalamin)	50 mg 833%	Amino Acids:		Blessed Thistle (Cnicus Benedictus)	50 mg **
Folic Acid	200 mcg 50%	GABA (Gamma Amino Butyric Acid)	10 mg **	Cramp Bark (Viburnum Opulus)	50 mg **
E (d-Alpha Tocopheryl)	100 I.U. 333%	L-Phenylalanine	50 mg **	False Unicorn (Chamaelirium luteum)	50 mg **
Minerals:		L-Tyrosine	50 mg **	Ginger (Zingiber Officinale)	50 mg **
Calcium (Carbonate)	125 mg 12.5%	Fatty Acids:		Red Raspberry (Rubys Idaeus)	50 mg **
Magnesium (Oxide)	250 mg 62.5%	GLA (Gamma-Linolenic Acid)	25 mg **	Squawvine (Mitchell Repens)	50 mg **
				Uva Ursi (Arctostaphylos Uva-Ursi)	50 mg **
				Valerian (Valeriana Officinalis)	50 mg **

** Daily value not established % Daily value based on 2,000 calorie diet

Additional ingredients: Dicalcium Phosphate, Silica, Vegetable Stearate and Pharmaceutical Glaze

GUARANTEED FREE OF: artificial flavor & color, corn, dairy, gluten, preservatives, salt, soy, starch, sugar, wheat

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN
TAMPER RESISTANT - DO NOT USE
IF SEAL IS DAMAGED OR MISSING

**Made in
USA**

Only Natural, Inc.
Island Park, NY 11558 U.S.A.

upc
7-27413-00409-7

Exp. date / Lot #