

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*



PMS formula provides nutritional support for a woman's monthly cycle.

Recommendation: Take 3 capsules daily, preferably with food.

Caution: Do not use if you are pregnant, nursing or have a history of liver disorder. If taking prescription drugs, consult your healthcare practitioner prior to use.

Questions? Call 1-800-9NATURE or visit naturesway.com.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

LN79300.A01
(BLK370A)



PREMIUM

**Nature's
Way**

FORMULA

PMS

with Vitamin B6 & 5-HTP



**SUPPORT
FOR WOMEN**

100 Capsules / Certified 418 mg

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 33

Amount Per Serving	% Daily Value	
Calories	5	
Thiamin (as Thiamin HCl)	750 mcg	50%
Riboflavin (Vitamin B2)	852 mcg	50%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine HCl)	76 mg	3800%
Vitamin B12 (as Cyanocobalamin)	3 mcg	50%
Magnesium (as Magnesium oxide)	50 mg	13%
Black Cohosh (root).....	225 mg	**
Wild Yam (root)	225 mg	**
Dandelion (leaf).....	150 mg	**
Lobelia (stem, leaf, flower)	150 mg	**
Cramp Bark (bark).....	100 mg	**
L-5-Hydroxytryptophan.....	5 mg	**

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

**Daily Value not established.

Other ingredients: Cellulose, Gelatin (capsule), Magnesium stearate

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