

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](http://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.

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(BLK8370A)



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PREMIUM  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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