

PRODUCT INFORMATION

Four capsules typically provide:

		%RDA*		
Vitamin C	200mg	250	Chromium	200µg
Niacin			American	
(vitamin B3)	40mg NE	250	Ginseng root	
Vitamin B6	60mg	4286	extract	80mg
Vitamin B12	100µg	4000	Fennel seed	100mg
Biotin	120µg	240	Dandelion root	240mg
Iron	16mg	114	Hops (flower)	160mg
Magnesium	100mg	27	Bromelain	100mg
Zinc	12mg	120		

*RDA = Recommended Daily Allowance (new 2009 values)

Long term intake of this amount of Vitamin B6 may lead to mild tingling and numbness.

INGREDIENTS: Magnesium citrate, capsule: hydroxypropyl methylcellulose (carrageenan)*; dandelion root pdr, vitamin C (as ascorbic acid), hops flower pdr, fennel seed pdr, bromelain, cyanocobalamin, American ginseng root extract, ferrous fumarate, pyridoxal 5-phosphate, niacin (as nicotinamide), zinc citrate, pyridoxine HCl, anti-caking agents: magnesium stearate*, silicon dioxide; chromium picolinate, biotin. *(vegetarian source) pdr = powder

DOES NOT CONTAIN: sugar, salt, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

PREMENSTRUAL COMPLEX

vitamin, mineral and
plant-based formula

60 capsules
VEGETARIAN
FOOD SUPPLEMENT

PREMENSTRUAL COMPLEX 60 capsules

PMP060

vitamin, mineral and plant-based formula

DIRECTIONS: Take 2 capsules twice a day, with meals, for the 14 days before the start of menstruation, or as your health professional advises. Do not exceed recommended daily intake. Starflower oil and vitamin E, taken daily, are also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Not advisable if pregnant or taking warfarin.

Suitable for vegetarians and vegans.

This product is not tested on animals.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.



PMP-076-08



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