



To open, press along perforation.
Please remove label before recycling.

Other Ingredients (natural mineral or vegetable source): cellulose, stearic acid, modified cellulose, silica, dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate.

SUGGESTED USAGE: 2 tablets once or twice daily, with or between meals.

Consult a health care professional prior to use if you are pregnant, lactating, taking medication or have a medical condition.

KEEP OUT OF REACH OF CHILDREN.

GUARANTEE: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. **Contains no sugar, lactose/dairy, wheat, gluten or yeast.**

VeganGuard® screened for vegans to be free of animal products.



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♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Formulated & Distributed by
RAINBOW LIGHT
NUTRITIONAL SYSTEMS®
125 McPherson St.,
Santa Cruz, CA 95060
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Eases Common PMS Symptoms*

Traditionally used hormone balancing Vitex and relaxant botanicals Corydalis and California Poppy, to address common symptoms*

Herbal IQ™ Guarantee

Our comprehensive Herbal IQ Guarantee program ensures thorough review by qualified herbalists of selected herbs and combinations, research-based potencies, and identity verification and purity testing of all inbound materials at our GMP-compliant, USA-based facility. Formulated by Christopher Hobbs, PhD.

RAINBOW LIGHT®
HERBAL PRESCRIPTIVES

PMS Relief™

Fast-Acting

Positive Mood with L-Theanine



30 TABLETS

HERBAL SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets
Servings per container: 15

Amount Per Serving		%DV
Vitamin B-6 (as Coenzyme Pyridoxal-5-phosphate)	20 mg	1000
Chromium (as Amino nicotinate)	200 mcg	167
L-Theanine	100 mg	*
D,L- Phenylalanine (DLPA)	200 mg	*
Soothing Botanical Blend (equivalent to 3,065 mg of herbal powder)	725 mg	*
Chaste Tree (Vitex) [fruit] 6:1 Extract		
Meadowsweet [herb] 4:1 Extract		
Corydalis yanhusuo [rhizome] 4:1 Extract		
California poppy [flower] 5:1 Extract		
Ginger [fresh rhizome] Juice 4:1 Extract		
Lavender [leaf] Oil		

* Daily Value (DV) not established