

Integrative Science
Naturally Effective
Feminine Care



EcoGuard® Bottle

100% Recycled & 100% Recyclable
Keeping millions of bottles from
our landfills & oceans

To open, press along perforation.

Stomach Safe



**PMS
Relief™**

Naturally Effective

Multi-symptom support*

Promotes positive mood*

Vegan | Gluten-Free

30 Tablets | Dietary Supplement

Made with natural, purity-tested ingredients
and NO artificial preservatives, colors, flavors
or sweeteners.

PMS Relief is a naturally effective integrative health
therapy formulated to deliver a powerful combination of
clinically researched ingredients, balanced for complete
care. Designed to:

- **Provide support to ease symptoms which often
accompany monthly hormone changes** featuring the
research based level of hormone balancing Vitex extract,
plus Corydalis and Meadowsweet traditionally used to
ease occasional aches and cramping.*
- **Promote positive mood and relaxation** with
complementary coenzyme B-6, California Poppy,
Lavender and L-Theanine to ease nervous
tension and support calm during PMS.*

Side benefits not side effects: Restore
total-body wellness, safe for everyday use
and gentle on the stomach.

Feel the difference guarantee

Vegan. Contains NO: gluten, wheat, milk,
tree nuts, peanuts, eggs, fish or shellfish.

* 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.

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 15

	Amount Per Serving	%DV
Vitamin B-6 (as Coenzyme Pyridoxal -5-phosphate)	20 mg	1,000%
Chromium (as Aminonicotinate)	200 mcg	167%
L-Theanine	100 mg	*
D,L- Phenylalanine (DLPA)	200 mg	*
Soothing Botanical Blend	725 mg	*
(equivalent to 3,065 mg of herbal powder)		
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

Other Ingredients (natural mineral or vegetable source): cellulose, stearic
acid, modified cellulose, silica. Coating: vegetable glaze (contains soy).

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

KEEP OUT OF REACH OF CHILDREN. Consult your health
care professional prior to use if you are pregnant, nursing,
taking medication or have a medical condition.

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