

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet twice daily, preferably at mealtimes, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing, torn or damaged in any way.

Carefully Manufactured by:  
Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
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SOLGB72313 01B

Since **SOLGAR** 1947

## PM PHYTOGEN COMPLEX™

(*Pueraria mirifica*)

### BALANCING FORMULA\* — FOR WOMEN —

#### INNOVATIVE SMARTABSORB™ PROCESS

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS

60 TABLETS

DIETARY SUPPLEMENT

PMF

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Folic Acid 200 mcg	50%
Vitamin B12 1000 mcg	16667% (as cobalamin)
Biotin 25 mcg	8%
Pyridoxal-5-Phosphate 12.5 mg	**
Standardized 80 mg	**
<i>Pueraria mirifica</i> Root Extract (Thai Kudzu) († Miroestrol 16 mcg, Isoflavonoids 16 mcg)	
**Daily Value (DV) not established	

† Validated Proprietary Analysis

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Methacrylic Acid, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate.

**FREE OF:** Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

Smartabsorb™ proprietary process for proper assimilation of nutrients requiring specific absorption sites.

Solgar's KOF-K certification #K-1250

\*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.



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SOLGB72313 00A

Part No. 22-02213

## PM PHYTOGEN COMPLEX™

Solgar® PM PhytoGen Complex™ includes Thai Kudzu extract (*Pueraria mirifica*), standardized to contain 16 mcg per tablet of the phytoestrogen miroestrol.

True *Pueraria mirifica*, which grows only in two provinces in Thailand, has a long history of traditional use for promoting vitality.\* Modern research has discovered that this particular species of Thai Kudzu contains a complex of phytoestrogens, including miroestrol.

Selecting the correct species of Thai Kudzu is essential to a quality product. Solgar uses an analytical procedure to validate the miroestrol content of PM PhytoGen Complex™. Select B vitamins are included to support energy, metabolism and nervous system health.\*

PM PhytoGen Complex™ is manufactured using Solgar's proprietary Smartabsorb™ process, which enteric-coats select ingredients to ensure proper absorption.

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