

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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SOLGAR
Since 1947

PM PHYTOGEN COMPLEX™

(*Pueraria mirifica*)

BALANCING FORMULA* FOR WOMEN

INNOVATIVE SMARTABSORB™ PROCESS

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGAN



60 TABLETS

DIETARY SUPPLEMENT

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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Folic Acid	200 mcg 50%
Vitamin B12 (as cobalamin)	1000 mcg 16667%
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

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.

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SOLGB72313 00A

Part No. 22-02313

Supplement Facts

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Amount Per Serving %DV

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Vitamin B12 (as cobalamin) 1000 mcg 16667%

Biotin 25 mcg 8%

Pyridoxal-5-Phosphate 12.5 mg **

Standardized 80 mg **

Pueraria mirifica Root Extract

(Thai Kudzu) († Miroestrol 16 mcg,

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**Daily Value (DV) not established

† Validated Proprietary Analysis

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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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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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(*Pueraria mirifica*)

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