DIRECTIONS: Take two capsules daily, or as directed by your healthcare

practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

PMS Southe" is a comprehensive blend of Native American and Chinese herbs traditionally used to provide balance and support for a healthy menstrual cycle.*

*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.

STORAGE: Keep tightly closed in a cool, dry place out of reach of children. IOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.





PMS Soothe"

Menstrual Cycle Support*

ePV:

Dietary Supplement



EXCLUSIVE PROFESSIONAL FORMULAS

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount P	er Serving	%Daily Value
Chaste Berry Extract (Vitex agnus-castus)	225 mg	••
(fruit)(0.5% agnuside and 0.4% aucubin)		
Bupleurum (Bupleurum falcatum)(root)	100 mg	**
Tangerine (Citrus reticulata)(peel)	100 mg	**
Dandelion 4:1 Extract	100 mg	
(Taraxacum officinale)(root)		
Dong Quai Extract (Angelica sinensis)(root)	100 mg	••
(1% lingustilide)		
Peony (Paeonia lactiflora)(root)	100 mg	**
Ginger 10:1 Extract (Zingiber officinale)(root)	60 mg	**
Parsley (Petroselinum crispum)(leaves)	50 mg	**
Red Raspberry (Rubus idaeus)(leaves)	50 mg	**
Licorice Extract (Glycyrrhiza glabra)(root)	25 mg	**

**Daily Value not established

(20% glycyrrhizin)

Other Ingredients: HPMC (capsule), stearic acid, magnesium stearate silica, and medium-chain triglyceride oil