

DIRECTIONS: Take three tablets daily with food.

| Amount Per Serving                                           | % Daily Value |
|--------------------------------------------------------------|---------------|
| Inositol .....                                               | 25 mg *       |
| L-Tyrosine .....                                             | 100 mg *      |
| Chaste Berry Extract ( <i>Vitex agnus</i> ) .....            | 50 mg *       |
| Choline (as choline bitartrate) .....                        | 50 mg *       |
| PABA (as para-aminobenzoic acid) .....                       | 10 mg *       |
| Enzymes (plant based) .....                                  | 100 mg *      |
| Lavender Extract 4:1 ( <i>Lavandula angustifolia</i> ) ..... | 30 mg *       |
| Lutein/Zeaxanthin (Lutemax™ 2020) .....                      | 3 mg *        |
| Pomegranate Powder ( <i>Punica granatum</i> )(fruit) .....   | 15 mg *       |
| Raspberry Leaf Powder ( <i>Rubus idaeus</i> ) .....          | 50 mg *       |
| Orange Powder .....                                          | 50 mg *       |
| Cinnamon Powder ( <i>Cinnamomum cassia</i> )(bark) .....     | 100 mg *      |
| Ginger Root ( <i>Zingiber officinale</i> ) .....             | 50 mg *       |
| Vanadium (from vanadium sulfate) .....                       | 9 mcg *       |
| Citrus Bioflavonoid Complex .....                            | 200 mg *      |

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), modified cellulose gum, silica, magnesium stearate (vegetable source), beet root fiber, cinnamon oil, glycerin.

**Lutemax**™ 2020 trademark belongs to  
OmniActive Health Technologies Ltd.

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**ANABOLIC  
LABORATORIES**



**Professional  
Formula**

Food Rich  
**PMS MULTI**  
with Standardized Herbal Extracts

Dietary Supplement

Formulated to  
Support Women's Needs

**90 VEGETARIAN  
TABLETS**



[www.anaboliclabs.com](http://www.anaboliclabs.com)

Manufactured by Anabolic Laboratories, LLC  
1835 E Cheyenne Road Colorado Springs, CO 80905

## Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

| Amount Per Serving                                                       | % Daily Value |
|--------------------------------------------------------------------------|---------------|
| Vitamin A (as beta-carotene) .....                                       | 5,000 IU 100% |
| Vitamin C (as calcium ascorbate) .....                                   | 225 mg 375%   |
| Vitamin D3 (as cholecalciferol) .....                                    | 400 IU 100%   |
| Vitamin E (d-alpha tocopheryl succinate) .....                           | 75 IU 250%    |
| Vitamin K (phytonadione) .....                                           | 50 mcg 63%    |
| Thiamin (thiamin hydrochloride) .....                                    | 25 mg 1667    |
| Riboflavin .....                                                         | 25 mg 1471%   |
| Niacin (niacinamide, nicotinic acid) .....                               | 75 mg 375%    |
| Vitamin B6 (pyridoxine HCl) .....                                        | 75 mg 3750%   |
| Folic Acid .....                                                         | 800 mcg 200%  |
| Vitamin B12 (cobalamin) .....                                            | 100 mcg 1667% |
| Biotin .....                                                             | 600 mcg 200%  |
| Pantothenic acid (d-calcium pantothenate) ...                            | 200 mg 2000%  |
| Calcium (from calcium citrate) .....                                     | 200 mg 20%    |
| Iron (from ferrous fumarate) .....                                       | 18 mg 100%    |
| Iodine (from potassium iodide and kelp) .....                            | 225 mcg 150%  |
| Magnesium (from magnesium oxide,<br>amino acid chelate, glycinate) ..... | 400 mg 100%   |
| Zinc (from zinc oxide) .....                                             | 9 mg 60%      |
| Selenium (from selenomethionine) .....                                   | 100 mcg 143%  |
| Copper (from copper gluconate) .....                                     | 0.5 mg 25%    |
| Manganese (from manganous gluconate) .....                               | 2 mg 100%     |
| Chromium (from chromium polynicotinate) ..                               | 150 mcg 125%  |
| Molybdenum (from sodium molybdate) .....                                 | 75 mcg 100%   |

**KEEP OUT OF REACH OF CHILDREN.**

**517-90G**

