

AM FORMULA

Supplement Facts

Serving Size 1 Tablet		
Amount per Serving		% DV
Green Tea Leaf Extract standardized to 35 mg caffeine	250 mg	**
Panax Ginseng Root Extract standardized to 7% ginsenosides (7 mg)	100 mg	**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg	**

**Daily Value (DV) not established.

Other ingredients: cellulose, modified cellulose gum, stearic acid, modified cellulose, magnesium stearate, titanium dioxide color, silicon dioxide, vegetable glycerin, soy lecithin, carnauba wax

PM FORMULA

Supplement Facts

Serving Size 1 Tablet		
Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Valerian Root Extract standardized to 0.8% valerenic acids (1.6 mg)	200 mg	**
Hops Flower Extract	100 mg	**
L-Theanine (Suntheanine® brand)	50 mg	**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: cellulose, modified cellulose, modified cellulose gum, magnesium stearate, silicon dioxide, black carrot and paprika extract color, soy lecithin, carnauba wax

Suntheanine®, a patented form of L-Theanine, is a registered trademark of Taiyo International, Inc.

Recommendation: AM: Take 1 (white) AM tablet in the morning.
PM: Take 1 (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

Day & Night Symptom Relief*

AM Formula	
Ingredients	Support
• Black Cohosh	• For irritability*
• Ginseng and Green Tea	• For daytime energy*

Actual Size

PM Formula	
Ingredients	Support
• Black Cohosh	• For relief of occasional night sweats and mood swings*
• Valerian and Hops	• For restful sleep*
• L-Theanine	• For relaxation and well-being*

Actual Size

CAUTION: Do not use if pregnant or nursing or under the age of 18 years. If you are taking sedatives, tranquilizers or any medications, consult your healthcare professional before use. Avoid alcohol and do not drive or operate machinery while taking this product. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Do not use if sensitive to caffeine. Each serving of the AM formula contains 35 mg of caffeine.

GLUTEN FREE. No sugar, salt, yeast, wheat, dairy products, artificial flavors or preservatives.

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*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.

Menopause Formula™
AM/PM



LBX07206.14 BLK720D, BLK721B

WOMEN'S HEALTH

30 AM TABLETS and 30 PM TABLETS

2 TARGETED DIETARY SUPPLEMENTS

Day & Night Relief for Menopausal Symptoms*

Menopause Formula™
AM/PM

HORMONE-FREE



Hormone-Free
plus Energy and Sleep

THIS STATEMENT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

THIS STATEMENT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

AM Lack of Energy* • Irritability* • Mood Swings*
PM Occasional Sleeplessness* • Night Sweats*



AM/PM

Menopause Formula™