

Recommended Adult Dose: Take one capsule two times daily with meals, a few hours before or after taking other medication, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding; or if you have kidney or gastrointestinal diseases, gallbladder inflammation or bile duct obstruction, do not use. If you have or have had breast cancer, uterine or ovarian cancer or are taking oral contraceptive medication, do not use. **Guaranteed** to contain no added wheat, yeast, gluten, corn, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V2.0 **569**

BARCODE LOCATION
883196 13551



GENESTRA BRANDS

Femagen PMS Capsules

VITAMIN-MINERAL SUPPLEMENT

60 Vegetable Capsules

Supplement Facts

Serving Size 1 Capsule
Servings per Container 60

Each Capsule Contains		% DV
Vitamin A (100% beta-carotene)	1500 IU	30%
Vitamin E (d-alpha tocopheryl succinate)	50 IU	167%
Thiamin (thiamin mononitrate)	10 mg	667%
Riboflavin	10 mg	588%
Niacin (inositol nicotinate)	9 mg	45%
Vitamin B ₆ (pyridoxine hydrochloride)	50 mg	2500%
Folic Acid	200 mcg	50%
Vitamin B ₁₂ (cyanocobalamin)	25 mcg	417%
Pantothenic Acid (calcium d-pantothenate)	25 mg	250%
Calcium (calcium citrate / carbonate)	30 mg	3%
Magnesium (magnesium citrate)	60 mg	15%
Zinc (zinc citrate)	5 mg	33%

Each Capsule Contains		% DV
Choline (choline bitartrate)	15 mg	*
Wild Yam (<i>Dioscorea villosa</i>) Root Extract (10:1)	20 mg	*
200 mg Dried Equivalent		
St. John's Wort (<i>Hypericum perforatum</i>) Aerial Parts	20 mg	*
Dandelion (<i>Taraxacum officinale</i>) Leaf	20 mg	*
Parsley (<i>Petroselinum crispum</i>) Aerial Parts	20 mg	*
Blue Cohosh (<i>Caulophyllum thalictroides</i>) Root	15 mg	*
Chaste Tree (<i>Vitex agnus-castus</i>) Fruit	15 mg	*
Uva-ursi (<i>Arctostaphylos uva-ursi</i>) Leaf	15 mg	*
Eleuthero (<i>Eleutherococcus senticosus</i>) Root and Rhizome	15 mg	*

* Daily Value (DV) not established

Other ingredients: Hypromellose, magnesium stearate, silica, cellulose

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