

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*



PMS formula provides nutritional support
for a woman's monthly cycle.*

Caution: This product should not be consumed by children under the age of 12 years or by pregnant or nursing women. Do not use if you have gallstones, if intestinal obstruction or inflammation are present, or if you have allergies to the Asteraceae/Compositae family. 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, vomiting or jaundice. Some may experience gastrointestinal (GI) upset including abdominal cramping, nausea or diarrhea while taking this product. As with any supplement, if discomfort persists discontinue use. Those suffering from GI disorders such as ulcers, irritable bowel syndrome, Crohn's disease, ulcerative colitis or celiac disease, should not use 5-HTP. Those taking prescription anti-depressants should not use 5-HTP. Do not take this product if you have, or are taking medications for, epilepsy, scleroderma or Parkinson's disease. This product may cause drowsiness and should not be used while driving or operating heavy equipment.

Questions? Call 1-800-9NATURE or visit naturesway.com.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. **Keep out of reach of children.**



***This statement has not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.**

PREMIUM

**Nature's
Way**

FORMULA

PMS

with Vitamin B6 & 5-HTP



100 Capsules / 5 Herb Blend

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules daily,
preferably with food.

Supplement Facts

Serving Size 3 Capsules / Servings Per Container 33

Amount Per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Thiamin (as Thiamin HCl)	750 mcg	50%
Riboflavin (Vitamin B2)	852 mcg	50%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine HCl)	76 mg	3800%
Vitamin B12 (as Cyanocobalamin)	3 mcg	50%
Magnesium (as Magnesium oxide)	50 mg	13%
Black Cohosh (root)	225 mg	**
Wild Yam (root)	225 mg	**
Dandelion (leaf)	150 mg	**
Lobelia (stem, leaf, flower)	150 mg	**
Cramp Bark (bark)	100 mg	**
L-5-Hydroxytryptophan	5 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: cellulose, plant-derived capsule
(modified cellulose), magnesium stearate

©2015 Nature's Way Brands, LLC
Green Bay, WI 54311 USA