

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 4 tablets daily or as directed by your healthcare professional. This product is best taken with meals.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin® and Warfarin. If you are taking these or similar prescription drugs, consult your healthcare professional before using this product.

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #84073



Meno-Support Formula™

A Dietary Supplement



120 Tablets

Supplement Facts

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (25% as Vitamin A 20,000 IU acetate/75% [15,000 IU] as Beta-Carotene)	400%	Copper (from Krebs†)..... 2 mg	100%
Vitamin C (Ascorbic Acid)..... 1000 mg	1667%	Manganese..... 15 mg	750%
Vitamin D-3..... 50 IU	13%	(from Manganese Aspartate/Sulfate Complex)	
Vitamin E (as Vitamin E Acetate/Succinate)200 IU	667%	Chromium (Organically bound with 200 mcg	167%
Vitamin K (as Phytonadione)..... 50 mcg	63%	GTF activity—low allergenicity)	
Thiamine (as Thiamine mononitrate)..... 50 mg	3333%	Molybdenum..... 50 mcg	67%
Riboflavin..... 25 mg	1471%	(from Molybdenum Krebs†)	
Niacin/Niacinamide..... 120 mg	600%	Potassium..... 75 mg	2%
Vitamin B-6 (as Pyridoxine HCl/ 25 mg	1250%	(from Chloride/ Aspartate Complex)	
Pyridoxal-5-Phosphate Complex)		Choline (from Choline Citrate/Bitartrate) 20 mg	*
Folic Acid..... 800 mcg	200%	Inositol..... 25 mg	*
Vitamin B-12..... 100 mcg	1667%	Citrus Bioflavonoid Complex 100 mg	*
(cyanocobalamin)		PABA (para-Aminobenzoic Acid) 50 mg	*
Biotin 300 mcg	100%	Vanadium (from Vanadium Krebs†)..... 25 mcg	*
Pantothenic Acid..... 150 mg	1500%	Boron..... 3 mg	*
(as d-Calcium Pantothenate)		(from Boron Aspartate/Citrate Complex)	
Calcium..... 500 mg	50%	Trace Elements (from Sea Vegetation) .. 100 mcg	*
(from Citrate/Ascorbate/Carbonate Complex)		Meno-Support Proprietary Blend..... 500 mg	*
Magnesium (from Magnesium..... 400 mg	100%	Black Cohosh (root) (standardized extract),	
Aspartate/Oxide Complex)		Dong Quai (root), Ipriflavone, Kelp(entire plant),	
Zinc (from Aspartate/Krebs†)..... 20 mg	133%	Horsetail (stem and leaves), Sage (leaf) and Lemon	
Oxide Complex)		Bioflavonoids.	
Selenium (from Selenium Krebs†)..... 200 mcg	286%		

*Daily Value not established.

Other ingredients: Cellulose, stearic acid, vegetable stearate carboxymethylcellulose and silica.

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex