

AM FORMULA

Supplement Facts

Serving Size 1 tablet

Amount per tablet		%DV
Green Tea (<i>Camellia sinensis</i>) Leaf Extract standardized to contain 35 mg caffeine	250 mg	**
Asian Ginseng Root Extract standardized to contain 7% ginsenosides	100 mg	**
Black Cohosh (<i>Cimicifuga racemosa</i>) Root and Rhizome Extract standardized to contain 2.5% triterpene glycosides calculated as 27-deoxyactein	20 mg	**

**Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hydroxypropyl methylcellulose, titanium dioxide color, hydroxypropyl cellulose, magnesium stearate, silicon dioxide, glycerin, soy lecithin, carnauba wax

Contains soy.

PM FORMULA

Supplement Facts

Serving Size 1 tablet

Amount per tablet		%DV
Total Carbohydrate	<1 g	<1%†
Valerian (<i>Valeriana officinalis</i>) Root Extract standardized to contain 0.8% valerenic acids	200 mg	**
Hops (<i>Humulus lupulus</i>) Flower Extract	100 mg	**
L-Theanine (Suntheanine® brand)	50 mg	**
Black Cohosh (<i>Cimicifuga racemosa</i>) Root and Rhizome Extract standardized to contain 2.5% triterpene glycosides calculated as 27-deoxyactein	20 mg	**

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

**Daily Value not established.

Other ingredients: cellulose, hydroxypropyl methylcellulose, sodium croscarmellose, magnesium stearate, silicon dioxide, carrot and paprika extract color, soy lecithin, carnauba wax

Contains soy.

For more information, please visit integrativepro.com.

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, or as recommended by your healthcare professional.

Caution: Do not use if sensitive to caffeine. Not recommended for use by pregnant or nursing women or by children under 18 years of age. Each serving of the AM Formula contains 35 mg of caffeine. Discontinue use and consult your healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Avoid alcohol and do not drive or operate machinery while taking this product. If taking prescription drugs for diabetes, taking sedatives, tranquilizers, or any other prescription drugs, consult your healthcare professional prior to use.

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

Contains no sugar, salt, yeast, wheat, gluten, dairy products, artificial flavors, preservatives or ingredients of animal origin.

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This product has a tamper-evident blister sheet.
Do not use if foil or plastic is punctured!

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.



BLK7200, BLK7218
LB277206.11

DIETARY SUPPLEMENT

60 TABLETS

MENOPAUSE RELIEF

AM/PM MENOPAUSE FORMULA™