

HORMONE-FREE



AM/PM
PERIMENOPAUSE FORMULA™

PERIMENOPAUSE RELIEF*

60 TABLETS

DIETARY SUPPLEMENT

*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.



LBZ77236.10 (BLK721B, BLK723A)

Supplement Facts

Amount per tablet	
%DV**	<1 g
Total Carbohydrate	
Serving Size 1 tablet	
AMOUNT PER TABLET	
Other ingredients: cellulose, modified cellulose, modified cellulose gum, magnesium stearate, silicon dioxide, carrot and paprika extract color, soy lecithin, and carnauba wax.	
***Percent Daily Values (DV) are based on a 2,000 calorie diet.	
***Daily Value not established.	
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	
20 mg	***
Rhizome Extract standardized to contain 2.5% triterpene glycosides calculated as 27-deoxyactein	
***Percent Daily Values (DV) are based on a 2,000 calorie diet.	

PM FORMULA

children under 18 years of age, pregnant or nursing women. Do not use if sensitive to caffeine, not recommended for

Cautions: AM Formula

Other ingredients: cellulose, modified cellulose, modified cellulose gum, magnesium stearate, soy lecithin, vegetable glycerin, riboflavin color, and carnauba wax.

Amount per tablet	
%DV**	<1 g
Total Carbohydrate	
Serving Size 1 tablet	
AMOUNT PER TABLET	
Other ingredients: cellulose, modified cellulose, modified cellulose gum, magnesium stearate, soy lecithin, vegetable glycerin, riboflavin color, and carnauba wax.	
***Percent Daily Values (DV) are based on a 2,000 calorie diet.	
***Daily Value not established.	
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	
250 mg	***
Rhodiola (<i>Rhodiola rosea</i>) Root Extract	
205 mg	***
Chaste Tree (<i>Vitex agnus-castus</i>) Berry Extract	
40 mg	***
Black Cohosh (<i>Cimicifuga racemosa</i>) Root and	
20 mg	***
Rhizome Extract standardized to contain 2.5% triterpene glycosides calculated as 27-deoxyactein	
***Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Supplement Facts

AM FORMULA

Cautions: Women who are pregnant or nursing should not use this product. If taking prescription drugs, consult your healthcare professional prior to use. 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.

Recommendations: AM: Take 1 (purple) PM tablet approximately 30-45 minutes before bedtime, or as recommended by your healthcare professional. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

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

Contains no sugar, salt, yeast, wheat, gluten, dairy products, artificial flavoring, 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!