

Recommendation: Take 1 capsule daily with food. For intensive use, take 2 capsules daily with food. **Caution:** Do not use this product if you are pregnant or breast feeding. If taking prescription drugs, consult your healthcare professional prior to use. A harmless but noticeable change in urine color/odor may occur during usage.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha tocopheryl succinate)	10 IU	33%
Calcium (as calcium d-glucarate)	25 mg	3%
Calcium D-Glucarate	200 mg	**
DIM-plus™ enhanced bioavailability diindolylmethane BioResponse-DIM® complex (modified food starch, 25% diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine [soy], silica)	120 mg	**
HMRlignan™ non-GMO Norway spruce lignan extract providing hydroxymatairesinol	36 mg	**

**Daily Value (DV) not established.

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

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

Freshness and safety sealed for your protection. Store in cool, dry place out of direct light. Each capsule is enclosed in an individually sealed blister. Do not use if any seal is broken, punctured or missing.

BioResponse-DIM® is a registered trademark of BioResponse, LLC. BioResponse-DIM® is a patented, enhanced bioavailability oral delivery system for diindolylmethane (U.S. patent #6,086,915). HMRlignan™ is used under sublicense from Linnea, SA.

Promevea®

With DIM-plus™
and HMRlignan™

Promevea provides these key phytonutrients to promote breast health.*

DIM-plus is a bioavailable complex of diindolylmethane (a phytonutrient found in cruciferous vegetables) that promotes healthy estrogen metabolism by increasing the conversion ratio of 2-hydroxyestrogen.*

HMRlignan is an extract of Norway spruce that delivers 7-hydroxymatairesinol (plant lignan) that is converted by the body into enterolactone. HMRlignan increases the level of enterolactone in the blood, which is associated with breast health.*

Promevea delivers additional support with **Vitamin D3** and **Calcium D-Glucarate**.*

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Promevea®

Breast Health*

Proactive Nutrition for Women

DIM-plus™
HMRlignan™
Vitamin D3
Calcium D-Glucarate

Hormone Free

30 Vegetarian Capsules / Dietary Supplement

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Promevea®

Proactive Nutrition for Breast Health*

Taking just 1 Promevea capsule daily supports breast health by:

- Promoting healthy estrogen metabolism and detoxification.*
- Increasing blood levels of enterolactone (ENL).*
- Increasing blood levels of Vitamin D.*

Taking an intensive dose (2 capsules) can help reduce cyclical breast tenderness.*

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Actual Capsule Size



LBN15303.02 BLK8619