

Amount Per Serving	% Daily Value
Citrus Bioflavonoid Complex	200 mg *
L-Tyrosine	100 mg *
Enzyme (plant based)	100 mg *
Cinnamon Powder (<i>Cinnamomum cassia</i>) (bark)	100 mg *
Chaste Tree Extract (<i>Vitex agnus-castus</i>) (berry)	50 mg *
Choline (as choline bitartrate)	50 mg *
Raspberry Leaf Powder (<i>Rubus idaeus</i>)	50 mg *
Orange Powder	50 mg *
Ginger Root (<i>Zingiber officinale</i>)	50 mg *
English Lavender Extract 4:1 (<i>Lavandula angustifolia</i>)	30 mg *
Inositol	25 mg *
Pomegranate Powder (<i>Punica granatum</i>) (fruit)	15 mg *
PABA (as para-aminobenzoic acid)	10 mg *
Lutein/Zeaxanthin (Lutemax™ 2020)	3 mg *
Vanadium (as Vanadium sulfate)	9 mcg *

* Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), MODIFIED CELLULOSE GUM, SILICA, MAGNESIUM STEARATE (VEGETABLE SOURCE), BEET ROOT FIBER, CINNAMON OIL, GLYCERIN.

Manufactured by Anabolic Laboratories, LLC
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We Guarantee Our Supplements for Potency and Purity

† THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

ANABOLIC LABORATORIES



Professional
Formula

Food Rich

PMS MULTI

with Standardized Herbal Extracts

Formulated to Support Women's Needs†

Dietary Supplement

90 VEGETARIAN TABLETS

DIRECTIONS: Take three tablets daily with food.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	5,000 IU 100%
Vitamin C (as calcium ascorbate)	225 mg 375%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (d-alpha tocopheryl succinate)	75 IU 250%
Vitamin K (phytonadione)	50 mcg 63%
Thiamin (thiamin hydrochloride)	25 mg 1667
Riboflavin	25 mg 1471%
Niacin (niacinamide, nicotinic acid)	75 mg 375%
Vitamin B6 (pyridoxine HCl)	75 mg 3750%
Folic Acid	800 mcg 200%
Vitamin B12 (cobalamin)	100 mcg 1667%
Biotin	600 mcg 200%
Pantothenic acid (d-calcium pantothenate)	200 mg 2000%
Calcium (calcium citrate, di-calcium phosphate, calcium ascorbate)	200 mg 20%
Iron (from ferrous fumarate)	18 mg 100%
Iodine (from potassium iodide and kelp)	225 mcg 150%
Magnesium (from magnesium oxide, amino acid chelate, glycinate)	400 mg 100%
Zinc (from zinc oxide)	9 mg 60%
Selenium (from L-selenomethionine)	100 mcg 143%
Copper (from copper gluconate)	0.5 mg 25%
Manganese (from manganous gluconate)	2 mg 100%
Chromium (from chromium polynicotinate)	150 mcg 125%
Molybdenum (from sodium molybdate)	75 mcg 100%

KEEP OUT OF REACH OF CHILDREN.

517-90H

Lutemax™ 2020 trademark belongs to
OmniActive Health Technologies Ltd.



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