

Contains No Added sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take three (3) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light. Keep out of reach of children.

****** This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

QUALITY AND POTENCY GUARANTEED.

*******From ChromeMate®, a patented form of niacin bound chromium. ChromeMate® is a trademark of Interhealth Co.



Formulated for:
Vitabase.com
Monroe, GA 30656

vitabase

PMS

*Premenstrual Supplement***



DIETARY SUPPLEMENT
90 TABLETS

Supplement Facts

Serving Size: 3 Tablets

	Amount	% DV
Vitamin C (as ascorbic acid)	400 mg	667%
Calcium (as carbonate, citrate)	200 mg	20%
Vitamin E (as d-alpha tocopheryl succinate)	400 iu	1,333%
Vitamin B-6 (as pyridoxine HCL)	200 mg	10,000%
Magnesium (as oxide, citrate)	400 mg	100%
Zinc (as citrate, picolinate)	15 mg	100%
Selenium (as L-selenomethionine)	50 mcg	71%
Chromium (as polynicotinate)***	25 mcg	21%
Potassium (as amino acid complex)	49 mg	1%
Taurine	200 mg	*
Gamma-linolenic acid (GLA) powder	200 mg	*
L-Tyrosine	200 mg	*
Dong Quai (Angelica sinensis) root	200 mg	*
Buchu (Barosma serratifolia) leaf	100 mg	*
Uva Ursi (Arctostaphylos uva-ursi) berry	100 mg	*
Chaste berry (Vitex agnus-castus)	100 mg	*

* Daily Value Not Established

Other Ingredients: Siberian eleuthero, dandelion, goldenseal, red raspberry, parsley. (May contain one or more of the following: magnesium stearate, cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica and food glaze). Contains soy.