

## AM/PM MENOPAUSE FORMULA™

### MENOPAUSE RELIEF

60 TABLETS

DIETARY SUPPLEMENT

LBZ77206.12  
BLK720E, BLK721B



#### AM FORMULA

### Supplement Facts

Serving Size 1 tablet

| Amount per tablet                                                                                                                                    | %DV       |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract (Sunphenon®) standardized to contain 50 mg caffeine                                              | 250 mg ** |
| Asian Ginseng ( <i>Panax ginseng</i> ) 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 carboxymethyl cellulose, 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                                                                                                                                   | <1g <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 carboxymethyl cellulose, magnesium stearate, silicon dioxide, carrot and paprika extract color, soy lecithin, carnauba wax  
Contains soy.

For more information, please visit [integrativepro.com](http://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, nursing women or by children under 18 years of age. Each serving of the AM Formula contains 50 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 you are taking sedatives, tranquilizers, prescriptions for diabetes, or any prescriptions, consult your healthcare professional prior to use.

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