

AM/PM PERIMENOPAUSE FORMULA™

PERIMENOPAUSE RELIEF

60 TABLETS (30 AM TABLETS/30 PM 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.

LBZ77236.11 BLK7218, BLK7238



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	**
Rhodiola (<i>Rhodiola rosea</i>) Root Extract standardized to contain 3% rosavins and 1% salidroside	205 mg	**
Chaste Tree (<i>Vitex agnus-castus</i>) Berry Extract standardized to contain 0.6% agnusides	40 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, hydroxypropyl methylcellulose, hydroxypropyl cellulose, magnesium stearate, glycerin, soy lecithin, riboflavin color, carnauba wax

Contains soy.

PM FORMULA

Supplement Facts

Serving Size 1 tablet

Amount per tablet		%DV
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	**

**Daily Value (DV) 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.

WARNING: Do not use if sensitive to caffeine. Do not use if pregnant or nursing. Not recommended for use 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 have a kidney disorder, are taking sedatives, tranquilizers or any prescription drugs, consult your healthcare professional prior to use.

Recommendations: AM: Take 1 (yellow) AM tablet in the morning. PM: 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.

Sunphenon® is a registered trademark of Taiyo International, Inc.

Contains no sugar, salt, yeast, wheat, 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!