

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*

PMS formula provides nutritional support for a woman's monthly cycle.*

Caution: Do not use if you are pregnant, nursing, have gallstones or if intestinal obstruction or inflammation is present. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine or jaundice. Persons with allergies to plants of the *Asteraceae* (*Compositae*) family including ragweed should use this product with caution. If taking any medications, or if you have any gastrointestinal disease, consult a healthcare professional before use.

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors or preservatives.

 **VEGETARIAN**

◆ LN79300.C01 BLK8370C



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



PMS

with B6 & other B-Vitamins



Recommendation: Take 3 capsules daily, preferably with food.

Supplement Facts

Serving Size 3 Capsules / Servings per Container 33

Amount Per Serving		% DV
Thiamin (as Thiamin HCl)	750 mcg	50%
Riboflavin (Vitamin B2)	852 mcg	50%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine HCl)	76 mg	3,800%
Vitamin B12 (as Cyanocobalamin)	3 mcg	50%
Magnesium (as Magnesium oxide)	50 mg	13%
Black Cohosh (root)	225 mg	**
Wild Yam (root)	225 mg	**
Dandelion (leaf)	150 mg	**
Cramp Bark (bark)	100 mg	**

**Daily Value (DV) not established.

Other ingredients: cellulose, plant-derived capsule (hypromellose), magnesium stearate

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Questions? 1-800-9NATURE / naturesway.com