

SUPPLEMENT FACTS

Serving Size: 3 tablets (Servings Per Container: 30)

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	150 mg	250
Vitamin E (as di-alpha-tocopherol-acetate and di-alpha-tocopheryl succinate)	40 IU	133
Vitamin B6 (as pyridoxine HCl)	50 mg	2,500
Folate (as folic acid)	400 mcg	100
Vitamin B12 (as cyanocobalamin)	100 mcg	1,667
Calcium (as calcium carbonate and patented CitriMax® citrate-malate-glycinate)	800 mg	80
Iodine (from kelp)	150 mcg	100
Magnesium (as magnesium oxide and patented Chelazome® glycinate)	400 mg	100
Selenium (as sodium selenite)	200 mcg	266
Boron (as boron chelate)	2 mg	*
Silica (colloidal and from horsetail herb)	25 mg	*
Soybean and kudzu root extracts (2.5% isoflavones)	300 mg	*
Lactospore® (encapsulated Lactobacillus sporogenes)	200 million CFU	*
Black cohosh (root)	200 mg	*
Cranberry and chokeberry extracts (25% quinic acid)	100 mg	*
Mixed flavonoid complex:	100 mg	*
Citrus bioflavonoid complex, hesperidin, rutin, quercetin dihydrate and pine bark 4:1 extract, bilberry fruit standardized extract (25% anthocyanins) and ginkgo biloba leaf extract (24% ginkgo flavonglycosides, 6% sesquiterpene lactones)	100 mg	*
Essential fatty acid blend (sorage, safflower and flaxseed oils)	50 mg	*
Active plant enzyme blend	50 mg	*
Alpha amylase, beta amylase, cellulase, lactase, lipase, neutral protease	1000 mg	*
Herbal support blend	1000 mg	*
Dong quai root (from 5:1 extract), chaste tree berry (from 5:1 extract), ginger root (from 5:1 extract), rehmannia root, white peony root, codonopsis root, Poria cocos sclerotium, atractylodes rhizome, lovage root, Chinese licorice root, and bupleurum root	25 mg	*
Cruciferous vegetable concentrates	25 mg	*
Cabbage greens, cauliflower onion, spinach, Brussels spouts, Broccoli, kale, radish		*

* Daily value not established.

**DIRECTIONS:** Take three tablets daily as a dietary supplement.

- Keep out of reach of children.
- Store at 15-30°C (59-86°F).
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

TURN TO NATURE before you turn to drugs or hormone replacement therapy. Now you can enjoy life to its fullest everyday with the **Natural Relief Support System for Women.**

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170 Eucalyptus Avenue, Vista, CA 92094