Monthly Comfort™

Bio-Aligned Formula™ * PMS Relief



enlarge bottle

Eighty percent of women experience physiological and emotional changes during the premenstrual period. Up to 40% of these women experience challenges to their well-being. Monthly Comfort is a Bio-Aligned Formula that addresses multiple systems related to premenstrual changes: hormone balance, the liver and detoxification, the brain and nervous system, the musculoskeletal system, and blood sugar regulation.

Supplement Facts

Serving Size: 4 tablets

	Amount	%DV
Vitamin A (as palmitate)	4,000 IU	0.8
Vitamin C (from ascorbic acid & zinc ascorbate)	400 mg	6.7
Vitamin E (as natural D-alpha tocopheryl)	100 IU	3.3
Thiamin (vitamin B-1)	13 mg	8.7
Riboflavin (vitamin B-2)	13 mg	7.7
Niacinamide	67 mg	3.4
Vitamin B-6 (as pyridoxine HCl)	100 mg	50
Folate (as folic acid)	532 mcg	1.3
Vitamin B-12 (as cyanocobalamin)	20 mcg	3.3
Pantothenic Acid (as calcium D-pantothenate)	20 mg	2
Calcium (as calcium carbonate & citrate)	140 mg	0.15
Magnesium (as magnesium oxide & citrate)	300 mg	0.8
Zinc (as ascorbate)	13 mg	0.9
Chromium (from polynicotinate [ChromeMate®])	200 mcg	1.7

In - Depth Info

PDF **Monthly Comfort™ chartbook**
Eighty percent of all women experience physiological and emotional changes during the...

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Bio-Aligned Chart
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Skin Eternal™
(formerly Skin Renew™)

Taurine	333 mg	†
Chaste Berry	267 mg	†
N-Acetyl Cysteine	200 mg	†
DLPA (DL-phenylalanine)	167 mg	
Dong Quai Root	133 mg	†
Black Cohosh Root	117 mg	†
Blue Cohosh Root	117 mg	†
Choline (as bitartrate)	67 mg	†
Inositol	67 mg	†
Silymarin (from milk thistle seed extract)	67 mg	†
Cyperus Rhizome	67 mg	†
Dong Quai Root Extract	67 mg	†
Dandelion Root Extract	67 mg	†

Other Ingredients: sorbitol, stearic acid, colloidal silicon dioxide, modified cellulose gum and magnesium stearate.

Warning: Contains phenylalanine. Not to be used by phenylketonurics, pregnant or breastfeeding women, or with MAO inhibitor drugs. If you have chronic high blood pressure, take after meals and/or consult your health care professional.

Suggested Use: 2-4 tablets two times daily with meals during the week before menses. Discontinue use during the first 3 days of the cycle, then take 1-3 tablets twice daily for the remainder of the month.

SN0734 42 tabs • SN0735 90 tabs


Male Response™
Bio-Aligned Formula™ * Virility Complex


Life Force™
Body Systems In Alignment
Top Ranked Multiple
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