

AM/PM Menopause Formula™†

(2 Advanced Dietary Supplements, Hormone Free, 24-hour Relief of Menopause Symptons†)

Daytime relief for: lack of energy, hot flashes, irritability, mood swings†
Nighttime relief for: sleeplessness, night sweats, hot flashes†

Dietary Supplement

Product Numbers: 07206 , 07207

Product Quantities: 60 Tablets, 2 Tablets

AM/PM Menopause Formula™ † is the only natural AM/PM product you can buy that has our unique natural formula to relieve all the common menopause symptoms you may experience during the day and at night.†

AM Formula features standardized ginseng and green tea to give you daytime energy.† **PM Formula** offers theanine and valerian to help you sleep better.† And both include time-tested black cohosh for relief of hot flashes, night sweats, and irritability.†

Product Nutrient Categories: Herbal

Recommendations:
AM Formula: One (white) AM tablet in the morning. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

PM Formula: One (red) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

Serving Size: 1 Tablet	**Amount/Serving**	**%DV**
Green Tea (Camellia sinensis) Leaf Extract standardized to contain 35 mg caffeine	250 mg	*
Panax Ginseng Root Phytosome™ One part Panax Ginseng Extract, standardized to contain 37.5% ginsenosides, bound to two parts phosphatidylcholine using a patented process	50 mg	*
Black Cohosh (Cimicifuga racemosa) Root and Rhizome Extract standardized to contain 2.5% triterpene glycosides calculated as 27-deoxyactein	20 mg	*

*Daily Value (DV) not established.

Each PM Tablet Contains:

Valerian (Valeriana officinalis) Root Extract standardized to contain a minimum of 0.8% valerenic acids	200 mg	*
Hops (Humulus lupulus) Flower Extract 6.6:1	100 mg	*
L-Theanine	50 mg	*
Black Cohosh (Cimicifuga racemosa) Root and Rhizome Extract standardized to contain 2.5% triterpene glycosides calculated as 27-deoxyactein	20 mg	*

*Daily Value (DV) not established.

Other Ingredients:
AM Formula: cellulose, modified cellulose gum, modified cellulose, titanium dioxide color, magnesium stearate, lecithin, and carnauba wax.

PM Formula: cellulose, modified cellulose, modified cellulose gum, magnesium stearate, carrot and paprika extract color, lecithin, and carnauba wax.

Warnings:
Women who are pregnant or nursing should not use this product.

Contains No: sugar, salt, yeast, wheat, gluten, corn, dairy products, artificial flavoring and preservatives. All colors used are from natural sources.

Notes:
For additional support during menopause, try our **Soy Extract**. Soy is an important source of phytoestrogens, which can help balance the effect of estrogen and relieve the symptoms of menopause.†

† **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.**

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