

AM/PM PeriMenopause Formula™†

(2 Targeted Dietary Supplements, Hormone Free!, New Color)
24-hour relief from perimenopausal symptons:

- *Lack of energy*
- *Hot flashes*
- *Irritability*
- *Mood swings†*
- *Sleeplessness*
- *Muscle tension*
- *Nightsweats†*

Product Numbers: 07236

Product Quantities: 60 Tablets

What is Perimenopause?

Many women today have high estrogen levels due to stress, diet and environmental factors. When estrogen levels are high, often referred to as estrogen dominance, progesterone levels are low and this increases your need for hormone support. If you're in your 30s to early 50s, you may be feeling some symptoms caused by hormonal fluctuation. Though probably not in menopause yet, you may be experiencing a change in your periods, occasional hot flashes or flushing and mood swings. This stage of life is referred to as perimenopause, and this disruption in hormone levels can also cause restless sleep and lack of energy. All this can add up to a dragged-out feeling that makes it hard to get through the day. **AM/PM Perimenopause Formula™** gives you day and night relief of perimenopausal symptoms.†

AM Formula:

- Black Cohosh for natural hormonal support and relief of occasional hot flashes and mood swings.†
- Green Tea for breast health, energy and weight management.†
- Chaste Berry for natural progesterone balance and relief of menstrual symptoms.†
- Rhodiola for concentration, mental alertness and endurance.†

PM Formula:

- Black Cohosh to offset hormonal fluctuations that can result in occasional night sweats.†
- Valerian and Hops for relaxation and deep sleep.†
- L-Theanine to alleviate nighttime muscle tension and promote restful sleep.†

Recommendations:
AM: One (yellow) AM tablet in the morning.
PM: One (purple) 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**

Each AM Tablet Contains:

Sodium	5 mg	<1 %
Green Tea (Camellia sinensis) Leaf Extract standardized to contain 35 mg caffeine	250 mg	*
Rhodiola (Rhodiola rosea) Root Extract standardized to contain 3% rosavins and 1% salidroside	205 mg	*
Chaste Tree (Vitex agnus-castus) Berry Extract standardized to contain 0.5% agnusides	40 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: modified cellulose gum, cellulose, modified cellulose, magnesium stearate, lecithin, riboflavin color, 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, yeast, wheat, gluten, corn, dairy products, artificial flavoring and preservatives. All colors used are from natural sources.

† **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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