

Product Information Sheet



Female Health

Fem Premenstra™

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Bupleurum & Chinese Peony Formula with Magnesium & Select Vitamins

Fem Premenstra™ is a unique blend of nutrients and herbal concentrates in a formula designed to support common imbalances in the female hormone cycle often experienced throughout adolescents and childbearing years.

Ingredients:

Each tablet typically contains:

Vitamin C (ascorbic acid)	33.5 mg
Vitamin B6 (pyridoxine hydrochloride)	12.5 mg
Pantothenic acid (d-calcium pantothenate)	12.5 mg
Magnesium (as citrate and glycinate)	33.5 mg
Choline	25 mg
Taurine	50 mg
A 5:1 herbal extract blend of:	333.5 mg
Bupleurum Root (Bupleurum chinese)	
Chinese Peony Root (Paeonia lactiflora)	
Dong Quai Root (Angelica sinensis)	
Bai-Zhu Atractylodes Root (Atractylodes macrocephala)	
Poria Sclerotium (Poria cocos)	
Ginger Rhizome (Zingiber officinale)	
Chinese Licorice Root (Glycyrrhiza uralensis)	
Chinese Mint Leaf (Mentha haplocalyx)	

Tableted with:

Cellulose
Microcrystalline cellulose
Silica
Sodium carboxymethylcellulose
Stearic acid
Coating (deionised water, microcrystalline cellulose, polyethelene glycol and carrageenan)

Features:

Features select herbal extracts traditionally used to support health and well being in the pre-menstrual phase.

Supports liver involvement in hormone metabolism and balance.

Contains nutrients used to support the proper functioning of nerves and muscles.

Recommendation: 3-6 tablets daily for ten days prior to menstruation, or as directed.

Caution: Not to be used during pregnancy or whilst breastfeeding.

Product Code: 44089

Package Size: 60