

**Recommended Dose: Adult Women:** Take 1 tablet daily with a meal, a few hours before or after taking medications or other supplements, or as recommended by your healthcare practitioner  
**Warning:** Not to be taken by pregnant or lactating women. Consult your healthcare practitioner prior to use if you are taking any medication, or have any health condition. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Use only if safety seal is intact. Store in a cool, dry place. Keep out of reach of children.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.



Scan to learn about our quality excellence

†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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

V3 514-90U  
Manufactured for  
Seroyal USA  
Pittsburgh, PA 15275  
1-888-737-6925  
seroyal.com



GENESTRA  
BRANDS®

# Femagen PMS Tablets

## Dietary Supplement

Multivitamin, mineral, herbal and glandular support  
for menstrual comfort†

90 TABLETS

# Supplement Facts

Serving Size 1 Tablet  
Servings per Container 90

	Amount Per Serving	% DV
Vitamin A (as 100% beta-carotene)	600 mcg	67%
Vitamin E (as d-alpha tocopheryl acid succinate)	34 mg	227%
Thiamin (as thiamin mononitrate)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as nicotinic acid)	15 mg	94%
Vitamin B <sub>6</sub> (as pyridoxal 5'-phosphate)	50 mg	2941%
Folate (as calcium L-5-methyltetrahydrofolate, Metafolin®)	250 mcg DFE (150 mcg folate)	63%
Vitamin B <sub>12</sub> (as methylcobalamin)	25 mcg	1042%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	200%
Choline (as choline bitartrate)	15 mg	3%
Calcium (as calcium citrate)	50 mg	4%

	Amount Per Serving	% DV
Iron (as ferrous bisglycinate)	10 mg	56%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc citrate)	5 mg	45%
Ox ( <i>Bos taurus</i> ) Ovary	50 mg	*
Ox ( <i>Bos taurus</i> ) Adrenal	25 mg	*
Pig ( <i>Sus scrofa</i> ) Brain	25 mg	*
Chastetree ( <i>Vitex agnus-castus</i> ) Fruit Extract (7-10:1) 350-500 mg Dried Equivalent	50 mg	*
Dandelion ( <i>Taraxacum officinale</i> ) Leaf	10 mg	*

\* Daily Value (DV) not established

Other ingredients: Cellulose, hypolose, crosscarmellose sodium, silica, magnesium stearate, hypromellose, glycerin  
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany