

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.



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†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		Amount Per Serving	% DV
Vitamin A (as 100% beta-carotene)	600 mcg	67%	Iron (as ferrous bisglycinate)	10 mg	56%
Vitamin E (as d-alpha tocopheryl acid succinate)	34 mg	227%	Magnesium (as magnesium citrate)	100 mg	24%
Thiamin (as thiamin mononitrate)	10 mg	833%	Zinc (as zinc citrate)	5 mg	45%
Riboflavin	10 mg	769%	Ox (<i>Bos taurus</i>) Ovary	50 mg	*
Niacin (as nicotinic acid)	15 mg	94%	Ox (<i>Bos taurus</i>) Adrenal	25 mg	*
Vitamin B ₆ (as pyridoxal 5'-phosphate)	50 mg	2941%	Pig (<i>Sus scrofa</i>) Brain	25 mg	*
Folate (as calcium L-5-methyltetrahydrofolate, Metafolin®)	250 mcg DFE (150 mcg folate)	63%	Chastetree (<i>Vitex agnus-castus</i>) Fruit Extract (7-10:1) 350-500 mg Dried Equivalent	50 mg	*
Vitamin B ₁₂ (as methylcobalamin)	25 mcg	1042%	Dandelion (<i>Taraxacum officinale</i>) Leaf	10 mg	*
Pantothenic Acid (as calcium d-pantothenate)	10 mg	200%			
Choline (as choline bitartrate)	15 mg	3%			
Calcium (as calcium citrate)	50 mg	4%			

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

* Daily Value (DV) not established