

PeriMenoFriend®

60 CAPSULES | 2 A DAY | VEGAN

INGREDIENTS: Magnesium Bisglycinate, Dandelion Root powder (*Taraxacum officinale*), Vitamin C (Calcium L-ascorbate), Mung Beans Powder (*Vigna radiata*), Sea Buckthorn Berry Extract (*Hippophae rhamnoides*), Sage Leaf Extract (*Salvia Officinalis*), Lemon Balm Leaf Extract (*Melissa officinalis*), Dong Quai Root powder (*Angelica sinensis*), Zinc Picolinate, Red Clover Extract (*Trifolium Pratense*), Shatavari Extract (*Asparagus racemosus*), Carrageen Sea Moss Extract (*Chondrus Crispus*), Hops Extract (*Humulus lupulus*), Maca Root Extract (*Lepidium meyerii*), Selenomethionine, Pantothenic Acid, Ashwagandha Extract (*Withania somnifera*), Pyridoxine Hydrochloride, Wild Yam Extract (*Dioscorea villosa*), Vitamin K2 (Menaquinone-7), Vitamin D3 (Cholecalciferol), Methylcobalamin, Capsule Shell (Hydroxypropyl Methylcellulose).

DIRECTIONS: Take 2 capsules per day. Do not exceed recommended dose.

Food supplements should not be used as a substitute for a varied balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Discontinue use and consult a doctor if adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. For Best Before End and Batch No. information see below.

Carefully packed in the UK for DR.VEGAN Ltd.

Crispins, Manor Farm Lane, Michelmersh, Romsey, Hants, SO51 0NT.

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FREE FROM: Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

NUTRITIONAL INFORMATION:

	Per 2 capsules	EC NRV% *
Red Clover	2000mg	**
Sea Buckthorn	1000mg	**
Maca Root	1000mg	**
Sage Leaf	560mg	**
Wild Yam	500mg	**
Lemon Balm	300mg	**
Dandelion Root	200mg	**
Shatavari	200mg	**
Mung Beans	120mg	**
Dong Quai	50mg	**
Ashwagandha	125mg	**
Sea Moss	100mg	**
Hops	80mg	**
Magnesium	56mg	15
Vitamin C	100mg	125
Zinc	10mg	100
Selenium	75µg	136
Vitamin B5	12mg	200
Vitamin B6	10mg	714
Vitamin K2	99µg	132
Vitamin D3	11µg	220
Vitamin B12	110µg	4400

* NRV = Nutrient Reference Value.

** No NRV Established.

FOOD SUPPLEMENT

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