

FORMULA ONE

days 1-4

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 4		
Amount Per Serving	% Daily Value	
Niacin (as niacinamide)	25 mg	156%
Magnesium (as magnesium oxide)	15 mg	4%
Copper (as copper gluconate)	200 mcg	22%
Proprietary Blend	630 mg	*
Clove Flower Bud Extract, Immortelle Flowering Top Extract (Helichrysum italicum), Cranberry Fruit Extract, Sage Aerial Part Extract, Coenzyme Q10 (Ubidecarenone), Ginger Rhizome Extract, Peppermint Leaf Extract, Dong Quai Root Extract		
* Daily Value not established.		

Other ingredients: Hypromellose (capsule), potassium phosphate, silicon dioxide, magnesium stearate.

ITEM# 17067 • 0512/1

- Helps relieve cramps*
- Helps ease bloating*
- Promotes clear looking skin*
- Supports energy levels*
- Supports iron metabolism*
- Supports liver health*
- Supports healthy blood flow*
- Supports urinary tract health*
- Supports antioxidant capacity*

*These statements have not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FORMULA TWO

days 5-16

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 12		
Amount Per Serving	% Daily Value	
Iron (as ferrous bisglycinate chelate)	5 mg	28%
Iodine (as potassium iodide)	140 mcg	93%
Theacrine	200 mg	*
Proprietary Blend	479 mg	*
Inositol, Broccoli Sprout, Quercetin, Maca Root Extract		
* Daily Value not established.		

Other ingredients: Hypromellose (capsule), magnesium stearate, silicon dioxide, purple carrot root extract (capsule color).

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.

ITEM# 17067 • 0513/1

- Supports hormones leading up to ovulation*
- Improves feelings of wellbeing*
- Supports a healthy libido*
- Supports mental clarity*
- Supports thyroid health*
- Helps promote iron absorption*
- Supports antioxidant capacity*

*These statements have not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FORMULA THREE

days 17-28

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 16		
Amount Per Serving	% Daily Value	
Zinc (as zinc oxide, gluconate)	36 mg	327%
Levagen [®] + (90% Palmitoylethanolamide)	350 mg	*
Extramel [®] (Melon Fruit Juice Concentrate)	10 mg	*
Proprietary Blend	250 mg	*
Ancient Peat, Ginger Rhizome Extract, Chaste Tree Berry Extract, Saffron Stigma Extract, Black Pepper Fruit Extract, Apple Fruit Extract		
* Daily Value not established.		

Other ingredients: Hypromellose (capsule), magnesium stearate, silicon dioxide, coconut oil, spirulina extract (capsule color).

CONTAINS: Coconut.

Levagen[®]+ is a trademark of Gencor.

Extramel[®] is a trademark of ROBERTET.

ITEM# 17067 • 0514/1

- Relieves mild discomfort associated with PMS *
- Helps enhance the absorption nutrients before menstruation*
- Supports a healthy inflammatory response*
- Supports the endocannabinoid system*
- Promotes clear looking skin*
- Reduces occasional stress*
- Supports energy levels*
- Supports antioxidant capacity*

*These statements have not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.