Suggested Usage: As a dietary supplement, adults may take 2 capsules each evening with food for 1 to 2 weeks or as directed by your healthcare professional.

The dose may then be increased to 4 capsules each evening with food for 2 to 4 months or as directed by your healthcare professional.

After 2 to 4 months, dosage may be lowered back down to 2 capsules each evening with food and may continue on that dosage as needed or as directed by your healthcare professional.

WARNING: Consult your healthcare professional before use if you are pregnant, nursing, taking prescription medications, have a liver disorder or develop symptoms of liver trouble.

This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place (59˚-77˚F/15˚-25˚C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Manufactured by Douglas Laboratories
600 Boyce Road • Pittsburgh, PA 15205 USA
www.douglaslabs.com • 1.800.245.4440

Supplement Facts

Serving Size 2 Vegetarian Capsules 4 Vegetarian Capsules
Servings Per Container 60 30

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>1,390 mg *</td>
<td>2,780 mg *</td>
</tr>
<tr>
<td>Pueraria root Extract (Pueraria montana, Pueraria lobata, standardized to 40% isoflavones), Red Clover Extract (Trifolium pratense, stem, leaves, and flowers, standardized to 8% biochanins), Bacopa Extract (Bacopa monnieri, aerial parts, standardized to 20% bacosides), Gotu Kola Extract (Centella asiatica, leaf, standardized to 10% asiaticosides), Hops Extract (Humulus lupulus, strobiles, standardized to 5% alpha bitter acids), Dong Quai root Extract (Angelica sinensis, standardized to 1% ligustilides), Schizandra fruit Extract (Schizandra chinensis, standardized to 9% schisandrin), Sage leaf (Salvia officinalis), Black Cohosh Extract (Cimicifuga racemosa, root and stem, standardized to 8% triterpene glycosides)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.