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

The dose may then be increased to **4 capsules each day 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 day with food** and may continue on that dosage as needed or as directed by your healthcare professional.

WARNING: If you are pregnant or nursing, or if you are taking prescription medications, consult your healthcare professional before using this supplement.

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

Formula #201388
V2

ProgestoMend™

Hormone Specific™ Formulation

A Dietary Supplement



120 Vegetarian Capsules

Supplement Facts

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

Amount Per Serving	%DV	%DV
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ProgestoMend™		
A Phytocrine™ Proprietary Blend.....	1,440 mg *	2,880 mg *
<i>Paonia lactiflora</i> root Extract (standardized to 10% paeoniflorin), <i>Ligusticum wallichii</i> root Extract, <i>Rehmannia glutinosa</i> root Extract, <i>Bupleurum chinensis</i> root Extract, Passion flower (<i>Passiflora incarnata</i> , standardized to 3.5% vitexin), Wild Yam root Extract (<i>Dioscorea villosa</i> , standardized to 10% diosgenin), Cramp bark (<i>Viburnum opulus</i>), <i>Coleus forskohlii</i> root Extract (standardized to 10% forskolin), <i>Vitex agnus-castus</i> berry Extract (Chasteberry, standardized to 0.5% agnuside and 0.4% aucubin)		

*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica.