

If symptoms worsen or persist,
consult a healthcare professional.
KEEP OUT OF REACH OF CHILDREN
Do not exceed recommended intake
If you experience an allergic
reaction or other unexpected
symptoms, discontinue use and
contact your healthcare
professional.

Do not use if seal is cut or broken.
Store at room temperature. Avoid
excessive heat. Close cap tightly
after use.

Questions or comments?

1-800-331-4536

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Dist. by:

Bayer HealthCare LLC

Whippany, NJ 07981

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C00013129

**DRUG
FREE**

M

Midol.
SUPPLEMENTS



PEACE OUT PMS

Helps ease PMS discomfort:
bloating, breast tenderness
and mild mood changes*

TAKE DAILY



30

CAPSULES

DIETARY SUPPLEMENT

Directions: Adults: Take 1 capsule daily.
Recommended usage 3 months and beyond.

Supplement Facts

Serving Size: 1 Capsule

| | Amount Per Serving |
|--|-----------------------|
| Ginger Powder (<i>Zingiber officinale</i>) (root) | 290 mg† |
| Chasteberry Extract (<i>Vitex agnus-castus</i>) (fruit) | 20 mg† |
| Valerian Extract (<i>Valeriana officinalis</i>) (root) | 10 mg† |

†Daily Value not established.

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose), Rice Extract (*Oryza sativa*), Rice Hulls (*Oryza sativa*), Gum Arabic, Sunflower Oil.

WARNINGS: Do not use this product if you are pregnant, breast-feeding, or are allergic to any ingredients in this product.

If you are taking any medications or have any medical condition, ask a healthcare professional before use.

For adults 18 years of age and older

Not for children

* 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.