

FIND YOUR BALANCE

What's inside

Vitamin D Supports normal muscle function during symptoms of PMS*

B Vitamins Involved in various functions including stress and hormone regulation*

Botanicals Blend of plant extracts traditionally used to support PMS symptoms*



PMS SUPPORT

Support for premenstrual symptoms and stress*

B VITAMINS · VITAMIN D
ASHWAGANDHA
CHASTEBERRY · GINSENG

60 CAPSULES | DIETARY SUPPLEMENT

- NON-GMO
- GLUTEN-FREE
- NO SYNTHETIC COLORS OR FLAVORS

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 30

	Amount per Serving	% DV*
Vitamin D (as Cholecalciferol)	5 mcg (200 IU)	25 %
Thiamin (as Thiamine Hydrochloride)	1.2 mg	100 %
Riboflavin	1.3 mg	100 %
Niacin (as Nicotinamide)	8 mg	50 %
Vitamin B6 (as Pyridoxine Hydrochloride)	1.7 mg	100 %
Vitamin B12 (as Cyanocobalamin)	1.2 mcg	50 %
Pantothenic Acid (as Calcium Pantothenate)	5 mcg	100 %
Chaste Tree (<i>Vitex agnus-cactus</i>) Berry Extract	150 mg	†
Ashwagandha (<i>Withania somnifera</i>) Root Powder	100 mg	†
Black Cohosh (<i>Cimicifuga racemosa</i>) Root Powder	15 mg	†
Asian Ginseng (<i>Panax ginseng</i>) Root Powder	15 mg	†

*Daily Value (DV) not established.

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MANUFACTURED IN CHINA

HTM
HABIT

Daily
Wellness
Essentials



byhabit.com

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, TRICALCIUM PHOSPHATE, MAGNESIUM STEARATE, SILICON DIOXIDE

Suggested Use (Adults): Take 2 capsules daily throughout the month with food or as directed by your healthcare professional.

Take only as directed. If you are pregnant, nursing, taking any medications, have any medical condition, consult your doctor before use.

KEEP OUT OF REACH OF CHILDREN

Store in a cool dry place. Do not use if inner seal is broken or missing. See lot no. and expiry date on bottom of bottle.

Processed in a facility with products that may contain milk, soy, fish, shellfish and wheat.



REMOVE
SEAL AND
LABEL
BEFORE
RECYCLING

#108147

1.0



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

FILL LINE