

Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

| | Amount per serving | % Daily Value |
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|---------------------------|-----------------|---|
| Wild Yam (root) | 575 mg. | † |
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* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Vcaps®).

Suggested Use: As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

Keep in a cool dry place with cap tightly closed.

Vcaps® is a registered trademark of Capsugel.

The hormone balancing effect of **Wild Yam Root** has proven to be a superior natural solution for supporting a woman's well being. This herb provides effective support for PMS, premenstrual fatigue, menstrual cramps and spasms, and menopausal symptoms. It also soothes the nerves, and even promotes joint health and flexibility.*

Common uses include:

- Promotes hormonal balance*
- Calms the nerves*
- Supports a smooth female cycle*
- Eases menstrual, gastrointestinal, and muscular cramps*
- Soothes menopausal symptoms*
- Supports digestive and gallbladder health*
- Supports healthy joint function*

*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.

