

# Supplement Facts

Serving Size 2 VegCaps

Servings Per Container 30

## Amount Per Serving

%DV

Total Carbohydrate	<1 g	<1%*
Iodine (Kelp)	150 mcg	100%
Chromax® Chromium (Chromium Picolinate)	200 mcg	571%

Maca ( <i>Lepidium meyenii</i> ) (root extract)	500 mg	†
Chasteberry ( <i>Vitex agnus-castus</i> ) (fruit extract) (Guaranteed to contain 500 mcg [0.5%] Agnusides)	100 mg	†
Black Cohosh ( <i>Actaea racemosa</i> ) (root extract) (Guaranteed to contain 2 mg [2.5%] Triterpene Glycosides)	80 mg	†
affron® Saffron ( <i>Crocus sativus</i> ) (stigma extract) (Guaranteed to contain 1 mg [3.5%] Lepticrosalides®)	30 mg	†
Trace Mineral Complex	10 mg	†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

**Other Ingredients:** Cellulose, Vegetable Capsule, Dextrin, Stearic Acid, Silica.