

Female Formula

(U.S. product)

Article No. 02263 (30-day supply)

Provides nutritional support to address bloating, tenderness, irritability and other cyclical discomforts.* Based on a specific regimen of vitamins, magnesium and traditional protective phytoestrogenic herbs. 30 caplets; one per day.

- **Vitamin C:** Improves iron absorption and retention. As an antioxidant, studies have shown a protective effect for female tissues.*
- **Vitamin E:** Studies suggest that this vitamin may help reduce the chemical processes which bring about nervous tension, headache, fatigue, mood changes and sleep interruptions.*
- **Vitamin B-6:** Helps regulate chemical processes, some of which have been linked to symptoms of PMS, including anxiety, irritability and mood swings.*
- **Iron:** Advanced Ferrochel® formula uses a patented, non-constipating form of iron. Low levels of iron have been linked to premenstrual and menstrual mood disturbances.
- **Magnesium:** An essential cofactor for more than 300 enzymatic reactions, some of which are linked to PMS symptoms.
- **Vitex:** Also known as chasteberry, found to help relieve symptoms of PMS.*
- **Broccoli:** Contains active compounds (indole-3-carbinol and sulforaphane) believed by scientists to contribute to female health.*
- **Dong quai:** The most popularly-prescribed Chinese female tonic herb. Contains phytoestrogens.
- **Pueraria:** The richest source of daidzein, an important phytoestrogen.
- **Licorice:** A phytoestrogenic herb, with a long and safe history of traditional use.
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

**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.*



Supplement Facts

Serving Size 1 Caplet

	Amount Per Serving	% DV
Vitamin C (ascorbic acid)	60 mg	100
Vitamin E (d,l-alpha tocopheryl acetate, d-alpha tocopheryl succinate)	30 IU	100
Vitamin B-6 (pyridoxine hydrochloride)	10 mg	500
Folate (folic acid)	400 mcg	100
Iron (patented Ferrochel® bisglycinate chelate)	10 mg	56
Magnesium (magnesium oxide, magnesium citrate)	200 mg	50
Watkins Female Herbal Extract Blend	300 mg	†
Broccoli floret, licorice root standardized extract, chaste berry standardized extract, dong quai root standardized extract		
Pueraria root standardized extract (40% daidzein isoflavones) (Pueraria lobata)	50 mg	†
Watkins Bio-Activator™ Blend	25 mg	†
Black pepper fruit, ginger root, cellulase plant enzyme		

† Daily value (DV) not established.

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze

Directions: For adults and teens: take one caplet per day with any meal.

Testimonial —

Individual results may vary. Consult your physician before taking any dietary supplements.

“My symptoms of PMS have become much more manageable after taking Watkins Female Formula.”

—**Teresa Carosella, British Columbia**