

In addition to key ingredients, which target the common symptoms of PMS, SeraMense™ contains 70+ super foods, extracts and concentrates, certified organic fruits and vegetables, 2 Billion CFU's of probiotics, soluble fiber, natural flavonoids and digestive enzymes. Each scoop is equivalent to the antioxidant power of 15+ servings of fruits and vegetables.**

SeraMense™ puts you in control *during that time of the month*.*

Key Ingredients:*

Organic Chaste Berry Fruit Powder – Hormone balancing, may relieve breast tenderness, bloating and cramps.

Lemon Balm – Calming herb that may help to alleviate irritability, anxiety and sleep disturbances.

Dong Quai – May help to relax uterine muscles, ease cramps, calms nervous system, relieve headaches and help with moodiness.

Yucca Root – Analgesic pain-reliever, may help with headaches and cramps.

Myo-Inositol – B-Complex vitamin clinically-proven to help with depression, anxiety and irritability.

Royal Jelly – May help to regulate the menstrual cycle and alleviate symptoms such as mood swings, bloating and pain.

Chromax® Chromium Picolinate – Patented form of Chromium Picolinate clinically proven to promote weight loss and weight control. Promote fat metabolism. Improve blood sugar metabolism. Help insulin function better. Can help maintain healthy lipid metabolism. Can help promote cardiovascular health.



DIRECTIONS FOR USE: At the start of each day, add one level scoop of product into 8-10 oz. of water (For superior taste, COLD water recommended). Shake in a closed container & enjoy.

The benefits of SeraMense™ increase with use over time, for best results, take daily.*

Recommended: Refrigerate after opening.

***Allergy Warning: Contains bee product (Royal Jelly), avoid if allergic to bees or bee products

This product has been sealed for your protection. Do not use if seal on cap is broken.

This product is not intended for pregnant woman or children.

Keep out of the reach of young children. Do not exceed recommended daily dose.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

** Based on Total Orac Fh



Greens First Female, LLC
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Boca Raton, FL 33487
844-GFFEMALE (433-3625)
GreensFirst.com
MADE IN THE USA

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Greens FIRST

Female

SeraMense™
Plus Probiotics

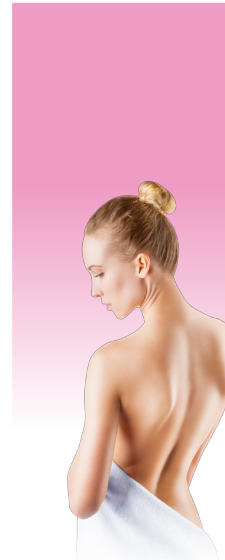
Natural Relief for PMS*

GREENS

Contains Superfoods, Probiotics
and Digestive Enzymes

Developed & Recommended by OB/GYNs

- Irritability
- Cramps
- Headaches
- Back Aches
- Bloating
- Mood Swings



Supplement Facts

Serving Size: 10.41g (1 Scoop)

Servings Per Container: 30

Amount per serving	%DV*	Amount per serving	%DV*
Calories 35		Rice Bran Powder	200 mg †
Total Carbohydrate	7 g 2%	Enzyme Blend	200 mg †
Dietary Fiber	3 g 12%	Microcrystalline Cellulose, Bromelain Complex,	
Sugars	1 g	Papain Complex, Protease Complex, Amylase	
Protein	2 g	Complex, Lipase Complex, Cellulase Complex,	
Vitamin A	181 IU 4%	Lactase Complex.	
Vitamin C	7 mg 12%	Stevia Leaf Extract	180 mg †
Vitamin B6	25 mg 1,250%	Green Tea Leaf Extract	100 mg †
(as Pyridoxine HCl)		Quercetin Dihydrate	100 mg †
Calcium	40 mg 4%	Milk Thistle Seed Extract	75 mg †
Magnesium	400 mg 100%	Organic Beet Root Powder	50 mg †
(as Magnesium Oxide)		Resveratrol	50 mg †
Iron	2.5 mg 14%	(Japanese Knotweed Root Extract)	
(as Zinc Oxide)	15 mg 100%	Organic Cassia (Cinnamon) Bark Powder	50 mg †
Chromium	400 mcg 333%	Organic Aloe Vera Leaf Powder	50 mg †
(as Chromax® Chromium Picolinate)		Organic Acerola Fruit Powder	25 mg †
Sodium	50mg 2%	Vitis labrusca (Concord Grape) Fruit Powder	25 mg †
		Turmeric Root Extract	20 mg †
		Organic Barley Grass Powder	1.5 g †
		Organic Vegetable Blend	1.5 g †
		Organic Carrot Root Powder, Organic Broccoli	
		Head/Plant Powder, Organic Cauliflower Bulb	
		Powder, Organic Spinach Leaf Powder, Organic	
		Parsley Leaf Powder, Organic Collards Leaf Powder.	
		Sunflower Lecithin Powder	1 g †
		Organic Chlorella Powder	500 mg †
		Organic Spirulina Powder	500 mg †
		Oxi Sure Proprietary Blend	300 mg †
		Carrot Root Powder, Green Tea Leaf Extract, Plum	
		Fruit Powder, Grape Seed Extract, Sour Cherry	
		Fruit Powder, Masson Pine Bark Extract, Broccoli	
		Stem & Florets Powder, Tomato Fruit Powder,	
		Spinach Leaf Powder, Collards Leaf Powder,	
		Brassica oleracea var gemmifera (Brussels),	
		Cranberry Fruit Powder, Raspberry Fruit Powder,	
		Blueberry Fruit Powder.	
		Apple Pectin Fruit Powder	250 mg †
		Organic Pumpkin Seed Powder	250 mg †
		Rice Bran Powder	200 mg †
		Enzyme Blend	200 mg †
		Microcrystalline Cellulose, Bromelain Complex,	
		Papain Complex, Protease Complex, Amylase	
		Complex, Lipase Complex, Cellulase Complex,	
		Lactase Complex.	
		Stevia Leaf Extract	180 mg †
		Green Tea Leaf Extract	100 mg †
		Quercetin Dihydrate	100 mg †
		Milk Thistle Seed Extract	75 mg †
		Organic Beet Root Powder	50 mg †
		Resveratrol	50 mg †
		(Japanese Knotweed Root Extract)	
		Organic Cassia (Cinnamon) Bark Powder	50 mg †
		Organic Aloe Vera Leaf Powder	50 mg †
		Organic Acerola Fruit Powder	25 mg †
		Vitis labrusca (Concord Grape) Fruit Powder	25 mg †
		Turmeric Root Extract	20 mg †
		Organic Barley Grass Powder	1.5 g †
		Organic Vegetable Blend	1.5 g †
		Organic Carrot Root Powder, Organic Broccoli	
		Head/Plant Powder, Organic Cauliflower Bulb	
		Powder, Organic Spinach Leaf Powder, Organic	
		Parsley Leaf Powder, Organic Collards Leaf Powder.	
		Sunflower Lecithin Powder	1 g †
		Organic Chlorella Powder	500 mg †
		Organic Spirulina Powder	500 mg †
		Oxi Sure Proprietary Blend	300 mg †
		Carrot Root Powder, Green Tea Leaf Extract, Plum	
		Fruit Powder, Grape Seed Extract, Sour Cherry	
		Fruit Powder, Masson Pine Bark Extract, Broccoli	
		Stem & Florets Powder, Tomato Fruit Powder,	
		Spinach Leaf Powder, Collards Leaf Powder,	
		Brassica oleracea var gemmifera (Brussels),	
		Cranberry Fruit Powder, Raspberry Fruit Powder,	
		Blueberry Fruit Powder.	
		Apple Pectin Fruit Powder	250 mg †
		Organic Pumpkin Seed Powder	250 mg †

* Percent Daily Values (%DV) are based on a 2,000 calorie diet † Daily Value not established.

Other Ingredients: Orange Fruit Powder, Natural Spearmint Flavors, Citric Acid.

Dietary Supplement

Net Weight 11.01 oz. (312 grams) Powder

Chromax® including the Chromax® logo, is a registered trademark of Nutrition 21, LLC. Chromax® is patent protected.

In addition to key ingredients, which target the common symptoms of PMS, SeraMense™ contains 70+ super foods, extracts and concentrates, certified organic fruits and vegetables, 2 Billion CFU's of probiotics, soluble fiber, natural flavonoids and digestive enzymes.

Each scoop is equivalent to the antioxidant power of 15+ servings of fruits and vegetables.**

SeraMense™ puts you in control *during that time of the month.**

Key Ingredients:*

Organic Chaste Berry Fruit Powder – Hormone balancing, may relieve breast tenderness, bloating and cramps.

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MADE IN THE USA

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Greens FIRST

Female

SeraMense™
Plus Probiotics

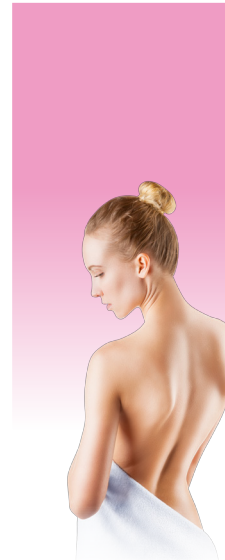
Natural Relief for PMS*

CHOCOLATE

Contains Superfoods, Probiotics
and Digestive Enzymes

Developed & Recommended by OB/GYNs

- Irritability
- Cramps
- Headaches
- Back Aches
- Bloating
- Mood Swings



Supplement Facts

Serving Size: 15.41g (1 Scoop)		Servings Per Container: 30	
Amount per serving	%DV*	Amount per serving	%DV*
Calories 60	Calories from fat 10	Apple Pectin Fruit Powder	250 mg †
Total Fat	1 g 2%	Organic Pumpkin Seed Powder	250 mg †
Saturated Fat	0.5 g 3%	Rice Bran Powder	200 mg †
Total Carbohydrate	9 g 3%	Enzyme Blend	200 mg †
Dietary Fiber	4 g 16%	Microcrystalline Cellulose, Bromelain Complex, Papain Complex, Protease Complex, Amylase Complex, Lipase Complex, Cellulase Complex, Lactase Complex.	
Sugars	2 g	Green Tea Leaf Extract	100 mg †
Protein	3 g	Quercetin Dihydrate	100 mg †
Vitamin A	319 IU 6%	Milk Thistle Seed Extract	75 mg †
Vitamin C	3.1 mg 5%	Organic Beet Root Powder	50 mg †
Vitamin B6	25 mg 1,250%	Resveratrol	50 mg †
(as Pyridoxine HCl)		(Japanese Knotweed Root Extract)	
Calcium	40 mg 4%	Organic Cassia (Cinnamon) Bark Powder	50 mg †
Magnesium	400 mg 100%	Organic Aloe Vera Leaf Powder	50 mg †
(as Magnesium Oxide)		Organic Acerola Fruit Powder	25 mg †
Iron	3.85 mg 21%	Vitis labrusca (Concord Grape) Fruit Powder	25 mg †
(as Zinc Oxide)	15 mg 100%	Turmeric Root Extract	20 mg †
Chromium	400 mcg 333%	Organic Kelp Powder	15 mg †
(as Chromax® Chromium Picolinate)		Organic Chaste Berry Tree Fruit Powder	600 mg †
Sodium	45mg 2%	Myo-Inositol	500 mg †
		Organic Carrot Root Powder, Organic Broccoli Head/Plant Powder, Organic Cauliflower Bulb Powder, Organic Spinach Leaf Powder, Organic Parsley Leaf Powder, Organic Collards Leaf Powder.	
		Organic Dong Quai Root Powder	40 mg †
		Moringa Leaf Powder (Horseradish tree)	200 mg †
		Organic Lemon Balm Leaf Powder	200 mg †
		Sunflower Lecithin Powder	1 g †
		Yucca Root Powder filamentosa	50 mg †
		(Joshua tree)	
		Organic Chiorella Powder	500 mg †
		Organic Spirulina Powder	500 mg †
		Royal Jelly Powder	20 mg †
		Oxi Sure Proprietary Blend	300 mg †
		Carrot Root Powder, Green Tea Leaf Extract, Plum Fruit Powder, Grape Seed Extract, Sour Cherry Fruit Powder, Masson Pine Bark Extract, Broccoli Stem & Florets Powder, Tomato Fruit Powder, Spinach Leaf Powder, Collards Leaf Powder, Brassica oleracea var gemmifera (Brussels), Cranberry Fruit Powder, Raspberry Fruit Powder, Blueberry Fruit Powder.	
		Stevia Leaf Extract	260 mg †
		Probiotic Blend Complex (2 Billion CFU)	12 mg †
		Lactobacillus acidophilus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus Rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium infantis, Lactobacillus Reuteri.	
		Licorice Root Extract	5 mg †

Other Ingredients: Chocolate Bean Powder, Pineapple Fruit Powder, Natural Chocolate Flavors.

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Dietary Supplement

Net Weight 16.30 oz. (462 grams) Powder