Key Ingredients in SeraMense™:

- 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 and ease cramps. Calms nervous system, may relieve headaches and help with moodiness.
- Yucca Root—Analgescic 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.

Directions for Use:
Take 5 capsules daily.

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

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

Developed & Recommended by OB/GYN’s

Natural Relief for PMS

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

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

Plus Probiotics

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