



**THIS PRODUCT HAS A TAMPER-EVIDENT FOIL POUCH. DO NOT USE IF FOIL OR PLASTIC IS PUNCTURED!**

## AM FORMULA

### Supplement Facts

Serving Size 1 Tablet

Amount per Serving		% DV
Green Tea Leaf Extract (Sunphenon®) standardized to 50 mg caffeine	250 mg	**
Asian Ginseng Root Extract standardized to 7% ginsenosides (7 mg)	100 mg	**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg	**

\*\*Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, titanium dioxide color, hydroxypropyl cellulose, magnesium stearate, silicon dioxide, glycerin, soy lecithin, carnauba wax

Contains soy.

## PM FORMULA

### Supplement Facts

Serving Size 1 Tablet

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Valerian Root Extract standardized to 0.8% valerenic acids (1.6 mg)	200 mg	**
Hops Flower Extract	100 mg	**
L-Theanine (Suntheanine® brand)	50 mg	**
Black Cohosh Root and Rhizome Extract standardized to 2.5% triterpene glycosides (0.5 mg)	20 mg	**

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

\*\*Daily Value not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, silicon dioxide, carrot and paprika extract color, soy lecithin, carnauba wax

Contains soy.

Suntheanine®, a patented form of L-Theanine, is a registered trademark of Taiyo International, Inc.

Sunphenon® is a registered trademark of Taiyo International, Inc.

**Recommendation: AM:** Take 1 (white) AM tablet in the morning.  
**PM:** Take 1 (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

### Day & Night Symptom Relief\*

#### AM Formula

##### Ingredients

- Black Cohosh
- Ginseng and Green Tea

##### Support

- For hot flashes & irritability\*
- For daytime energy\*

Actual Size

#### PM Formula

##### Ingredients

- Black Cohosh
- Valerian and Hops
- L-Theanine

##### Support

- For relief of occasional night sweats and mood swings\*
- For restful sleep\*
- For relaxation and well-being\*

Actual Size

**CAUTION:** Do not use if sensitive to caffeine. Not recommended for use by pregnant, nursing women or by children under 18 years of age. Each serving of the AM Formula contains 50 mg of caffeine. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine or jaundice. Avoid alcohol and do not drive or operate machinery while taking this product. If you are taking sedatives, tranquilizers, taking medications for diabetes, or any other medications, consult a healthcare professional before use.

**GLUTEN FREE.** No sugar, salt, yeast, wheat, dairy products, artificial flavors or preservatives.

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 Green Bay, WI 54311 USA

Questions? 1-800-783-2286 / [enzy.com](http://enzy.com)

