

**Suggested use:**  
Start 1-2 days before your period or when you feel your PMS symptoms begin. Take 2 pills up to three+ times a day, the week of your period.

# semaine

## pms & period support capsules

Plant-based wellness for bloating, cramps, and mood

 DIETARY SUPPLEMENT  
12 VEGAN CAPSULES



Vegan



Gluten-free



Soy-free



Plant-based



## Back of box

**9 plant extracts and minerals** that help your body respond to inflammation and lessen cramps, reduce bloating, lower stress, relax tense muscles, and increase energy (without caffeine).\*

- Ashwagandha
- Boswellia
- Curcumin
- Green tea
- Magnesium
- Quercetin
- Resveratrol
- Silymarin
- Vitamin D3

**Store in a cool dry place away from direct sunlight.**

**Caution:** As with any dietary supplement, consult your health-care provider before use, especially if you are pregnant, nursing, take medication on a regular basis, or have a medical condition. Keep out of reach of children.

## We know how you feel

We created Semaine because we've experienced decades of painful periods and have struggled with endometriosis —we wanted a better, healthier solution for all of us.

xo xo  
*Lar and Cath*



Twin sisters &  
Semaine Health cofounders

**Supplement Facts** Serving Size: 2 capsules.  
Servings: 6. Amount per serving: Vitamin D (as cholecalciferol from lichen) 15 mcg (75% DV), Magnesium (as magnesium oxide complexed with sunflower lecithin) 30 mg (7% DV), Resveratrol (*Polygonum cuspidatum* (root) extract) 82 mg<sup>†</sup>, Silybin phytosome (*Silybum marianum* (fruit) extract/sunflower lecithin) 50 mg<sup>†</sup>, Green tea phytosome (*Camellia sinensis* (leaf) extract/sunflower lecithin) 84 mg<sup>†</sup>, Curcumin phytosome (*Curcuma longa* (root) extract/sunflower lecithin) 218 mg<sup>†</sup>, Quercetin phytosome (*Sophora japonica* (flower) extract/sunflower lecithin) 94 mg<sup>†</sup>, Indian frankincense phytosome (*Boswellia serrata* (oleo-gum resin) extract/sunflower lecithin) 84 mg<sup>†</sup>, Ashwagandha (*Withania somnifera* (root and leaf) extract) 44 mg<sup>†</sup>.  
<sup>†</sup> Daily value not established.

**Other ingredients:** Vegetable cellulose (capsule), rice flour, calcium palmitate, silicon dioxide, and chlorophyll.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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