

Women's Change Complex

Items #781,782 rev 3

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 120

Amount Per Serving	% Daily Value	
Calcium (from Oyster Shell)	100 mg	8%
Magnesium (as Magnesium Oxide)	40 mg	10%
Vitamin D (as Cholecalciferol)	12.5 mcg (500 IU)	63%
Black Cohosh (root) Extract	100 mg	†
Broccoli Powder	100 mg	†
Genistein (from Saphora Japonica)	60 mg	†
DIM (Diindolylmethane)	50 mg	†

† Daily Value Not Established

Other Ingredients: Ethylcellulose, Croscarmellose Sodium, Microcrystalline Cellulose, Food Glaze, Stearic Acid, Magnesium Stearate, Povidone, Silicon Dioxide.