



PMS~EASE

Balancing Mid-Cycle to Menses

DIETARY HERBAL SUPPLEMENT · 90 VEGETARIAN CAPSULES · NET WT 45 G

WARNINGS · DO NOT USE IF YOU:

- Are pregnant, may be pregnant, are nursing, or are trying to conceive (*Dang Gui, Mu Dan Pi and Chai Hu are traditionally contraindicated in pregnancy*). If your period is late, stop use and take a pregnancy test.
- Have heavy or prolonged menstrual bleeding, or a bleeding disorder (*Dang Gui and Mu Dan Pi may increase menstrual flow*).
- Take anticoagulant or antiplatelet medication, including warfarin, clopidogrel, apixaban, rivaroxaban, or daily aspirin (*Dang Gui, White Peony and Mu Dan Pi may increase bleeding risk*).
- Have uncontrolled high blood pressure, heart failure, kidney disease, or low potassium (*the formula contains a very small amount of licorice*).
- Are allergic to any ingredient, to honey or bee products, to mushrooms, or to plants in the carrot/celery (Apiaceae), daisy/ragweed (Asteraceae) or legume (Fabaceae) families.

CAUTION · WHILE USING THIS PRODUCT:

- Use during the premenstrual phase only as directed, not continuously. See your physician if you have a history of abdominal pain, diarrhea or constipation before using.
- Stop use if your menstrual bleeding becomes heavier or longer than usual.
- Discontinue at least 2 weeks before scheduled surgery or dental procedures.
- Dang Gui may increase sun sensitivity. Use sun protection during prolonged exposure.
- Zhi Zi and Mu Dan Pi are cooling. If you notice loose stools or stomach discomfort, reduce the dose or take with food.
- Stop use and consult your physician if you develop a rash, dizziness, swelling, unusual bruising or bleeding, yellowing of the skin or eyes, dark urine, or any other adverse reaction.
- Do not exceed the suggested use.
- Store in a cool, dry place.
- Do not use if the safety seal is broken or missing.

CONSULT YOUR PHYSICIAN BEFORE USE IF YOU:

- Have or have had a hormone-sensitive condition, such as breast, uterine or ovarian cancer, endometriosis or fibroids.
- Use hormonal birth control or hormone therapy, or take tamoxifen.
- Take medication for mood, anxiety or sleep, including antidepressants.
- Have liver disease or take supplements or medication that affects the liver (*rare reports of cited liver effects from Chai Hu and Zhi Zi*).
- Take diuretics, digoxin, corticosteroids, or blood pressure or diabetes medication.
- Have irregular cycles, bleeding between periods, very painful periods, or symptoms that are severe or interfere with daily life. These symptoms need a medical evaluation before self-care.
- Are under 18. Adolescents should use it only under the guidance of a physician or qualified practitioner.

AS PRINTED ON THE BOTTLE LABEL

Warning: Do not use if you are pregnant, may be pregnant, trying to conceive or nursing. Do not use if you have heavy menstrual bleeding, have a bleeding disorder, take anticoagulant or antiplatelet medication.

Caution: For adults 18 and over. Consult your physician before use if you take any medication, are hormone-sensitive, or have medical conditions. Discontinue 2 weeks before surgery. Keep out of the reach of children.

Risk of reproductive harm due to lead exposure. www.P65Warnings.ca.gov

VRONI

WWW.VRONI.BEAUTY

customerservice@vroni.beauty

Manufactured for VRONI · Los Angeles, CA 90025