PREMENSA PMS SYMPTOM RELIEF- apis mellifica, chamomilla, cimicifuga racemosa, cyclamen europaeum, helonias dioica, ignatia amara, lac caninum, lycopodium clavatum, natrum muriaticum, nux vomica, platinum metallicum, sepia liquid
Hello Life, Inc.

Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.

----------

Drug Facts

Active Ingredients (per dose)

Apis mellifica HPUS
Chamomilla HPUS
Cimicifuga racemosa HPUS
Cyclamen europaeum HPUS
Helonias dioica HPUS
Ignatia amara HPUS
Lac caninum HPUS
Lycopodium clavatum HPUS
Natrum muriaticum HPUS
Nux vomica HPUS
Platinum metallicum HPUS
Sepia HPUS

Each active ingredient contains equal volumes of 10X, 30X, and LM1 potencies. The letters “HPUS” indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States. Product indications are based on Homeopathic Materia Medica. Product indications are based on Homeopathic Materia Medica.

Purpose

Apis mellifica HPUS..................................Cramps
Chamomilla HPUS..................................Sensitivity
Cimicifuga racemosa HPUS........................Migraines
Cyclamen europaeum HPUS.......................Headaches
Helonias dioica HPUS..............................Pain/weakness
Ignatia amara HPUS..............................Mood swings
Lac caninum HPUS.................................Weakness
Lycopodium clavatum HPUS....................Excessive hunger
Natrum muriaticum HPUS.......................Water retention
Nux vomica HPUS..................................Sensitivity
Platinum metallicum HPUS.....................Irritability
Sepia HPUS.......................................Hot flashes

Uses

to temporarily relieve symptoms commonly associated with PMS, such as:
• exhaustion
• dullness
• drowsiness
• muscle weakness

Warnings
Ask a doctor before use if
• you are taking any other medications
• you have a medical condition

When using this product use only as directed.

Stop use and ask a doctor if symptoms persist or worsen.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of the reach of children.

Directions
Dispense Premensa directly into mouth, or add recommended dosage into 8-12 oz purified (non-chlorinated) water and drink. Safe for ages 2 and up.

RECOMMENDED DOSAGE

1 mL twice per day
-or as needed*

*Excessive dosing may cause mild digestive discomfort.

Other information
• do not use if tamper seal is broken
• store in a cool, dry place
• product must not come in contact with metal
• do not store next to electrical devices or appliances

Inactive Ingredients
citric acid, potassium sorbate, purified ionized mineral water.

Questions or comments?
You can email us at info@hellolife.net or call us toll-free at 1.800.875.0850 Monday through Friday, 9am-5pm ET.

• 30-day supply
• dropper included
• Premensa is made without alcohol or sugar; no gluten added.

Mfd for: HelloLife, Inc.
4460 44th St. SE, Ste. C-600
Grand Rapids, MI 49512
FDA Pharmaceutical Establishment #1053442, #3009727070
www.premensa.com
To temporarily relieve symptoms commonly associated with PMS, such as:

- cramps
- nausea
- bloating
- exhaustion

2 fl. oz (59 mL)

Homeopathic (OTC) Medicine
PREMENSA  PMS SYMPTOM RELIEF
apis mellifica, chamomilla, cimicifuga racemosa, cyclamen europaeum, helonias dioca, ignatia amara, lac caninum, lycopodium clavatum, natrum muriaticum, nux vomica, platinum metallicum, sepia liquid

Product Information
Product Type | HUMAN OTC DRUG | Item Code (Source) | NDC:49726-016
Route of Administration | ORAL

Active Ingredient/Active Moiety

<table>
<thead>
<tr>
<th>Ingredient Name</th>
<th>Basis of Strength</th>
<th>Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>apis mellifica</td>
<td></td>
<td></td>
</tr>
<tr>
<td>chamomilla</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cimicifuga racemosa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cyclamen europaeum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>helonias dioca</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ignatia amara</td>
<td></td>
<td></td>
</tr>
<tr>
<td>lac caninum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>lycopodium clavatum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>natrum muriaticum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>nux vomica</td>
<td></td>
<td></td>
</tr>
<tr>
<td>platinum metallicum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sepia liquid</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Inactive Ingredients

<table>
<thead>
<tr>
<th>Ingredient Name</th>
<th>Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATER</td>
<td></td>
</tr>
<tr>
<td>POTASSIUM SORBATE</td>
<td></td>
</tr>
<tr>
<td>CITRIC ACID MONOHYDRATE</td>
<td></td>
</tr>
</tbody>
</table>

### Packaging

<table>
<thead>
<tr>
<th>#</th>
<th>Item Code</th>
<th>Package Description</th>
<th>Marketing Start Date</th>
<th>Marketing End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>NDC:49726-016-02</td>
<td>1 in 1 CARTON</td>
<td>02/21/2011</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>59 mL in 1 BOTTLE, DROPPER; Type 0: Not a Combination Product</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Marketing Information

<table>
<thead>
<tr>
<th>Marketing Category</th>
<th>Application Number or Monograph Citation</th>
<th>Marketing Start Date</th>
<th>Marketing End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>unapproved homeopathic</td>
<td></td>
<td>02/21/2011</td>
<td></td>
</tr>
</tbody>
</table>

### Labeler

- **Hello Life, Inc.**

### Establishment

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>ID/FEI</th>
<th>Business Operations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello Life, Inc.</td>
<td>065619378</td>
<td>relabel(49726-016), repack(49726-016)</td>
<td></td>
</tr>
</tbody>
</table>
# Establishment

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>ID/FEI</th>
<th>Business Operations</th>
</tr>
</thead>
<tbody>
<tr>
<td>King Bio Inc.</td>
<td></td>
<td>617901350</td>
<td>manufacture(49726-016)</td>
</tr>
</tbody>
</table>

Revised: 12/2018

Hello Life, Inc.