

LYDIA PINKHAM HERBAL SUPPLEMENT - water, fructose, ascorbic acid, dogwood bark, motherwort leaf, flavor, dandelion root, alcohol 10%, pleurisy root, licorice root, salicylic acid, edetic acid, sodium benzoate, black cohosh root, dl-alpha tocopheryl acetate, bha, butylparaben, gentian root tablet
NUMARK BRANDS, INC

LYDIA PINKHAM HERBAL TABLET SUPPLEMENT With Iron, Calcium and Vitamins C & E
LYDIA PINKHAM COMPLEMENTO DE HIERBAS EN PASTILLAS Con Hierro, Calcio y Vitaminas C y E

Supplement Facts

Serving Size: 2 tablets
 Servings Per Container 75

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	20 mg	33%
Vitamin E (as acetate)	10 IU	33%
Calcium (as carbonate)	166 mg	17%
Iron (as carbonyl and ferronyl)	2 g	11%
Proprietary blend	28 g	†
Dandelion (Root)		†
Black Cohosh (Root)		†
Jamaica Dogwood (Bark)		†
Motherwort (Leaf)		†
Pleurisy (Root)		†
Glycyrrhiza (Licorice Root)		†
Gentian (root)		†
† Daily Value not established		

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, Opaglos: (sodium carboxymethylcellulose, maltodextrin, dextrose monohydrate, soy lecithin, black iron oxide, red iron oxide, sodium citrate, titanium dioxide) pharmaceutical glaze, croscarmellose sodium, magnesium stearate, silicon dioxide, talc, hypromellose, carnauba wax and modified food starch. **Contains soy, wheat.**

Free of: milk or milk by-products, egg or egg by-products, fish or fish by-products, shellfish or by-products, tree nuts, peanuts or peanut by-products.

Libre de: Leche o derivados de leche, huevos o derivados de huevos, pescado o derivados de pescado, crustáceos o derivados de crustáceos, nueces de árbol, maní o derivados de maní.

Directions:

Adults: Take two (2) tablets three (3) times a day, with meals. For the best results, take regularly throughout the month.

Posología, (dosificación, administración):

Tomar dos pastillas, tres veces al día, con las comidas. Para mejores resultados, tomarlas durante el mes.

Caution: Before using any dietary supplement, pregnant or lactating women should consult with a physician or healthcare professional.

Precaución: Antes de utilizar cualquier suplemento dietético mujeres embarazadas o lactando deben consultar a un médico o su profesional de salud

Nutritional support to help you feel better during menstruation and menopause*

*** The information on this label has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Lydia Pinkham Herbal Tablets were first introduced in 1875, and since then have been used by generations of women the world over. The formula was developed by a knowledgeable, caring woman, Lydia Pinkham. It contains 7 natural herbs plus Iron, Calcium, and Vitamins C & E.

Ayuda nutritiva suplementaria para hacerle sentirse mejor durante la menstruación o menopausia*

*** La información de esta etiqueta no ha sido evaluada por la FDA. Este producto no pretende diagnosticar, tratar, curar o prevenir ninguna enfermedad.**

El complemento herbático en pastillas de Lydia Pinkham se presentó por primera vez en 1875, y desde entonces ha sido usado por varias generaciones de mujeres alrededor del mundo. La fórmula fue desarrollada gracias a los conocimientos de Lydia Pinkham. Contiene 7 hierbas naturales más hierro y las vitaminas C y E.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of overdose, call a doctor or poison control center immediately.

Una sobre dosis accidental de productos que contienen hierro es la causa líder de envenenamientos en niños menores de 6 años. Mantenga este producto fuera del alcance de niños. En caso de sobredosis llame a un doctor o al centro de control toxicológica inmediatamente.

To preserve quality and freshness, keep bottle tightly closed. Store in a cool, dry place at room temperature 15°-30°C (59°-86°F).

PRINCIPAL DISPLAY PANEL

Now with Black Cohosh

LYDIA PINKHAM

HERBAL TABLET SUPPLEMENT
With Iron, Calcium and Vitamins C & E

COMPLEMENTO DE HIERBAS EN PASTILLAS
Con Hierro, Calcio y Vitaminas C y E

150 TABLETS

To report a serious adverse event or to obtain product information contact 1-800-331-0221

Distributed by Numark Brands, Inc.
P.O. Box 6321, Edison, NJ 08818 19004 Rev 6/16



Lydia Pinkham®

TAMPER RESISTANT - DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

LYDIA PINKHAM

COMPLEMENTO DE
HIERBAS EN PASTILLAS

Con Hierro, Calcio y
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Now with
Black Cohosh



Lydia Pinkham®

LYDIA PINKHAM

HERBAL TABLET
SUPPLEMENT

With Iron, Calcium
and Vitamins C & E

Nutritional support to help
you feel better during
menstruation and menopause*

Ayuda nutritiva suplementaria para
hacerle sentirse mejor durante
la menstruación o menopausia*

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150 TABLETS

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HERBAL TABLET
SUPPLEMENT

With Iron, Calcium
and Vitamins C & E

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Now with Black Cohosh

LYDIA PINKHAM

HERBAL TABLET SUPPLEMENT

With Iron, Calcium and Vitamins C & E
8 FL.OZ.

TAMPER RESISTANT-DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

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19003 Rev 6/16



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Product Information

Product Type	DIETARY SUPPLEMENT	Item Code (Source)	NHRIC:69846-504
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Ascorbic Acid (UNII: PQ6CK8PD0R) (Ascorbic Acid - UNII:PQ6CK8PD0R)	Ascorbic Acid	10 mg
.alpha.-tocopherol Acetate, DI- (UNII: WR1WPI7EW8) (.alpha.-tocopherol, DI- UNII:7QWA1RIO01)	.alpha.-tocopherol, DI-	4.5 mg
Calcium Carbonate (UNII: H0G9379FGK) (Calcium Cation - UNII:2M83C4R6ZB)	Calcium Carbonate	83 mg
Iron (UNII: E1UOL152H7) (Iron - UNII:E1UOL152H7)	Iron	1 mg

Inactive Ingredients

Ingredient Name	Strength
Taraxacum Officinale Root (UNII: 9DE5YCO0RU)	

Black Cohosh (UNII: K73E24S6X9)
Piscidia Piscipula Root Bark (UNII: 58JV0P12FY)
Leonurus Cardiaca (UNII: 8NC0C2YXK0)
Asclepias Tuberosa Root (UNII: 1ZL82U5D18)
Gentiana Lutea Root (UNII: S72O3284MS)
Calcium Phosphate, Dibasic, Anhydrous (UNII: L11K75P92J)
Cellulose, Microcrystalline (UNII: OP1R32D61U)
Stearic Acid (UNII: 4ELV7Z65AP)
Carboxymethylcellulose Sodium (UNII: K679OBS311)
Maltodextrin (UNII: 7CVR7L4A2D)
Dextrose Monohydrate (UNII: LX22YL083G)
Lecithin, Soybean (UNII: 1DI56QDM62)
Ferrosoferric Oxide (UNII: XM0M87F357)
Ferric Oxide Red (UNII: 1K09F3G675)
Sodium Citrate (UNII: 1Q73Q2JULR)
Titanium Dioxide (UNII: 15FIX9V2JP)
Shellac (UNII: 46N107B71O)
Croscarmellose Sodium (UNII: M28OL1HH48)
Magnesium Stearate (UNII: 70097M6I30)
Silicon Dioxide (UNII: ETJ7Z6XBU4)
Talc (UNII: 7SEV7J4R1U)
Hypromelloses (UNII: 3NXW29V3WO)
Carnauba Wax (UNII: R12CBM0EIZ)
Starch, Wheat (UNII: 79QS2MG2LP)

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	038485504075	1 in 1 CARTON		
1		72 in 1 BOTTLE		
2	038485504157	1 in 1 CARTON		
2		150 in 1 BOTTLE		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
Dietary Supplement		01/01/1880	

Supplement Facts

Serving Size : _____ **Serving per Container :** _____

	Amount Per Serving	% Daily Value
color		
scoring	1	
shape		
size (solid drugs)	10 mm	

Labeler - NUMARK BRANDS, INC (080184668)

Establishment

Name	Address	ID/FEI	Business Operations
INTERNATIONAL FRUTAROM CORP		827238890	manufacture(69846-504)

Revised: 8/2016

NUMARK BRANDS, INC