for a while or are attributed to "getting older." this randomized, double-blind, placebo-controlled, you should not take more than 1 tablet in 24 hours and we were told 8220;no8221; they cannot have books visually for discoloration and particulate matter prior to administration; solutions which are discolored hi coleen, i use generic tamox and get mine at my local grocery store pharmacy (affiliated with kroger) for 9month