

# PMS Essentials

Supports menstrual comfort and mood ‡

## INDICATIONS

- Ages 18 and up
- Menstrual comfort and emotional wellness support‡

## BENEFITS

- Supports menstrual comfort and mood‡
- Helps lessen fatigue and cravings‡
- Promotes healthy hormone function‡

## FEATURES

- Herbal formula with vitamins and minerals
- Part of the PureWoman™ product line
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

PMS Essentials provides a comprehensive nutrient and botanical approach to support mood, cravings, cramps and bloating associated with the menstrual cycle. Calcium plays a role in healthy smooth muscle function and menstrual comfort.<sup>1</sup> Vitamin D has similar effects, attributed to its ability to promote healthy calcium levels, cyclic hormone function and neurotransmitter activity.<sup>2</sup> Healthy intracellular magnesium levels have been associated with maintaining positive mood during the luteal phase.<sup>3</sup> Magnesium also plays an important role in nervous system sensitivity, providing support for muscle comfort, breast comfort and emotional well-being associated with the menstrual cycle.<sup>4</sup> Studies indicate the positive effect of vitamin B<sub>6</sub> on premenstrual mood as well as its crucial role in enhancing the effect of magnesium.<sup>5</sup> Vitamin E research suggests that it helps lessen breast tenderness as well as nervous tension and fatigue associated with the menstrual cycle.<sup>6</sup> Traditionally used and clinically studied, chaste tree provides significant beneficial support for the hypothalamus and pituitary via its balancing effects.<sup>7</sup> Relora® may help diminish stress-related sugary snack cravings and support emotional wellness while rhodiola supports energy and mental function.<sup>8†</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules daily, 1-2 times daily, with meals. May be used daily or during the luteal phase only, as directed by your health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants.

## SOURCE

- Vitamin A, vitamin K<sub>1</sub>, thiamin, niacinamide, calcium pantothenate, vitamin B<sub>6</sub>, folate, biotin, choline and zeaxanthin: synthetic
- Calcium, magnesium and zinc are derived from the lime of rock
- d-Alpha tocopherol succinate (vitamin E) is derived from highly purified soybean oil
- Vitamin D3 is derived from lanolin
- Chaste tree extract is derived from Vitex agnuscastus fruit
- Pyridoxal 5' phosphate (activated B6), malate and picolinate are synthetic
- Relora® is derived from a proprietary blend of patented extracts from Magnolia officinalis bark and Phellodendron amurense bark
- Rhodiola rosea extract is derived from the root and standardized to contain 3% total rosavins and a minimum of 1% salidroside
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose
- Modified food and corn starch are derived from corn

## NOTES

Size 00 capsule

Bottle count 120

Order code PMS21

Bottle size 290 cc

## REFERENCES

1. Ghanbari Z, et al. Taiwan J Obstet Gynecol. 2009 Jun;48(2):124-9.
2. Khajehei M, et al. Int J Gynaecol Obstet. 2009 May;105(2):158-61.
3. Facchinetti F, et al. Obstet Gynecol. 1991 Aug;78(2):177-81.



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†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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4. Fathizadeh N, et al. Iran J Nurs Midwifery Res. 2010 Dec; 15(Suppl1): 401–405.
5. De Souza MC, et al. J Womens Health Gen Based Med. 2000 Mar;9(2):131-9.
6. London RS, et al. J Am Coll Nutr. 1983;2(2):115- 22.
7. Berger D, et al. Arch Gynecol Obstet. 2000 Nov;264(3):150-3.
8. Kalman DS, et al. Nutr J. 2008 Apr 21;7:11.

## SUPPLEMENT FACTS

**2 capsules, 1-2 times daily, with meals. May be used daily or during the luteal phase only, as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	134 mg
Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	33 mg
Calcium (as di-calcium malate)(DimaCal™)	100 mg
Magnesium (as di-magnesium malate)(Albion™)	100 mg
Chaste tree ( <i>Vitex agnus-castus</i> ) extract (fruit)	200 mg
Relora®	270 mg

Patented proprietary blend of:

magnolia (*Magnolia officinalis*) extract (bark) and  
phellodendron (*Phellodendron amurense*) extract (bark)

Rhodiola ( <i>Rhodiola rosea</i> ) extract (root)	50 mg
(standardized to contain 3% total rosavins and 1% salidroside)	

Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide

Albion™ and DimaCal™ are trademarks of Albion Laboratories, Inc.

Relora® is a Lonza trademark, registered in USA.

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	120	PMS21

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