

Premenstra



Key Deliverables:

Alleviates PMS Symptoms, Supports Hormone Balance

Format:

Ready to mix drink (Cherry)

Key Ingredients:

Myo-Inositol, GABA, Magnesium, Vitamin B6, Fibersol 2, Zinc, Pantothenic Acid, Vitamin D, Vitamin E, NAC (N-Acetyl Cysteine), Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B12, Folic Acid

Indication:

Premenstra is formulated to alleviate the symptoms of premenstrual syndrome (PMS) and support hormonal balance. Premenstra's key ingredients, including myo-inositol, GABA, magnesium, vitamin B6, and more, work synergistically to address the range of physical and emotional symptoms associated with PMS. By targeting mood swings, bloating, discomfort, and hormonal imbalances, Premenstra offers a natural adjunctive treatment option for patients seeking relief from PMS symptoms.

Problem/Complaint:

Experiences several symptoms associated with PMS.

My Teen:

Antibiotic associated diarrhoea (which can affect up to 35% of patients). Leaky gut symptoms like bloating, gas, cramps, food sensitivities & getting sick often.

Symptoms Associated:

Mood swings

Fatigue

Bloating

Breast tenderness

Cravings

Headaches

Weight gain

Anxiety

Insomnia

Acne

Muscle aches

Digestive issues

Changes in appetite

Difficulty concentrating

Functional Benefits:

✓ Alleviates PMS Symptoms:

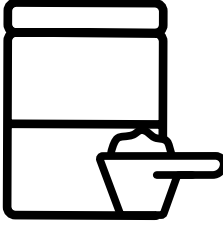

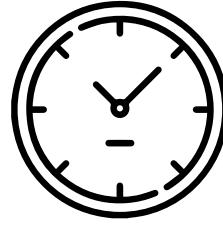
Premenstra offers relief from the distressing symptoms of premenstrual syndrome (PMS) that patients commonly face, including mood swings, bloating, and discomfort. Through its targeted formulation, it helps regulate the body's response to hormonal changes, reducing the intensity and duration of these symptoms.

✓ Supports Hormone Balance:

Premenstra plays a pivotal role in supporting patients' hormonal balance throughout the menstrual cycle. By providing essential nutrients and carefully selected ingredients, it promotes optimal hormonal regulation. Maintaining hormone balance is crucial for a more predictable and harmonious menstrual cycle.

PREMENSTRA

Active ingredient	Main mechanism of action
Magnesium bisglycinate	This form of magnesium is chelated to two molecules of the amino acid glycine, a factor that significantly enhances its absorption and bioavailability. A wealth of research underscores the pivotal role of magnesium in numerous physiological functions, including its potential to mitigate premenstrual syndrome (PMS) symptoms such as mood swings, fluid retention, and menstrual migraines. Notably, Magnesium Bisglycinate is often chosen for its gentleness on the gastrointestinal tract and its superior absorption profile, making it a reliable option for maintaining optimal magnesium levels.
Magneisum Malate	Comprising magnesium and malic acid, Magnesium Malate is a key contributor to cellular energy production given the role of malic acid in the Krebs cycle (the series of chemical reactions that produce energy within cells). This energetic support may prove particularly beneficial during the menstrual cycle, which often demands increased energy reserves. Moreover, similar to Magnesium Bisglycinate, Magnesium Malate boasts a high bioavailability profile, ensuring efficient uptake and utilization of the mineral.
Calcium	Calcium is an essential mineral for the body. Research suggests that calcium supplementation can help to reduce the physical and emotional symptoms of PMS. It aids in hormone regulation, nerve transmission, muscle contraction, and may help with mood swings, bloating, food cravings, and pain.
Myo-Inositol	Myo-Inositol is a vitamin-like substance that is involved in several body processes, including insulin signal transduction and serotonin activity regulation. It helps alleviate PMS symptoms by supporting a healthy mood and emotional wellbeing, as well as by promoting hormonal balance.
Vitamin B6	Vitamin B6, also known as pyridoxine, is a water-soluble vitamin necessary for the proper function of sugars, fats, and proteins in the body. It aids in the production of neurotransmitters, the chemicals that transmit signals in the brain. It helps ease PMS symptoms by aiding in the production of serotonin and dopamine, which are mood-regulating neurotransmitters, and may also reduce bloating and other physical symptoms.
GABA	GABA is a neurotransmitter that inhibits nerve activity in the brain, helping you to relax and reduce stress. It may help to ease PMS symptoms such as anxiety, irritability, and mood swings by promoting relaxation and reducing nervous tension.
N-Acetyl-L-Cystein (NAC)	NAC is a supplement form of cysteine, a semi-essential amino acid. It's a potent antioxidant and supports the production of glutathione, the body's primary antioxidant. NAC may help in managing PMS symptoms due to its potential mood-stabilizing properties and its role in neurotransmitter regulation.
Fibersol @	Fibersol is a form of soluble dietary fiber that aids in maintaining intestinal regularity. Regular bowel movements may help to decrease bloating and discomfort often associated with PMS. Additionally, it supports overall digestive health.

		
1 heaped scoop in 250ml cool water	Mix in a glass. Stir or swirl continuously as you drink.	Anytime. 1 serving per day or as recommended by a health practitioner.