



PMS-Pain 6 A herbal Supplement that Helps to Relieve Symptoms of Pre-Menstrual Syndrome (PMS).

Properties: PMS-Pain 6 is a natural supplement that consists of six pharmacopoeial herbs. This product is characterized by its distinctive effectiveness, used by women experiencing several symptoms associated with pre-menstrual syndrome.

Indications: PMS-Pain 6 is effective in women experiencing symptoms associated with pre-menstrual syndrome.

Results: Helps to relieve PMS symptoms.

- ❖ Acts to increase antibodies, to reduce infections.
- ❖ Has an analgesic effect.
- ❖ Helps in increasing the secretion of estrogens, prolactin and thyroid- stimulating hormones (TSH).
- ❖ Reduces sweating and hot flushes.

Side effects: None reported so far. **Contraindications:** None reported so far. **Recommendations:** Studies showed that PMS-Pain 6 is recommended to be used for 5-18 days of the start of menstrual period.

Dose: One capsule three times daily after meals, for the 5-18 days of the start of menstrual cycle.