



Presents for your consideration:

## Bio-Fem PMS

- **Bio-Fem PMS contains standardized botanical extracts, antioxidants, vitamins, minerals, amino acids and liver glucuronidation detoxification support.**
- **Supplementation supports menstrual comfort, mood, cramps and edema associated with the menstrual cycle**

**Vitamin C (Ascorbic Acid):** is an antioxidant that protects tissues from free radical damage. Ascorbic acid aides in the regeneration of Vitamin Es antioxidant properties. Connective tissue integrity is dependent on adequate Vitamin C. Beneficial prostaglandin synthesis favoring eicosanoids with antithrombotic and vasodilatory actions are positively influenced with Vitamin C.

**Vitamin E:** is the principal antioxidant of the lipid bilayer of the cell membrane. It protects polyunsaturated fatty acids and lipoproteins (LDL) from oxidation. Vitamin E is important for heart and blood vessel health, immune health and health of nerve cells and the nervous system. Vitamin E has been shown to promote healthy menstrual function.

**Vitamin B6:** assists in the reduction of fluid retention via regulation of aldosterone, enhances progesterone levels and reduces symptoms of irritability and fatigue.

**Calcium D-Glucurate:** encourages a healthy estrogen metabolism through beneficial regulation of glucuronidation in the liver. Calcium D-Glucurate helps the body dispose of toxins and harmful estrogen metabolic end products.

**Magnesium:** may be beneficial in normalizing brain dopamine often depleted in patients with menstrual cycle dysfunction. Magnesium is often deficient in these patients.

**Curcuma longa (Turmeric):** is beneficial for uterine, breast and liver health. Curcumin has antioxidant, anti-inflammatory properties.

Bio-Fem PMS	Amounts per serving
Serving size	6 veggie capsules
Number of servings per container	15
Vitamin C (Ascorbic Acid)	250 mg
Vitamin E (d-Alpha Tocopheryl Succinate)	100 IU
Vitamin B6 (Pyridoxal 5' Phosphate, Pyridoxine HCl)	50 mg
Calcium D-Glucurate (providing 62 mg of Calcium)	200 mg
Magnesium (Glycinate, Citrate-Malate)	400 mg
Curcuma longa (95% curcuminoids)	250 mg
Dioscorea villosa (Wild Yam) (10:1)	250 mg
Cimicifuga racemosa (Black Cohosh) (2.5% triterpene glycosides)	250 mg
Vitex agnus-castus (Chaste Tree) (5:1)	250 mg
Viburnum opulus (Cramp Bark) (5:1)	250 mg
Caulophyllum thalictroides (Blue Cohosh) (5:1)	250 mg
Angelica senesis (Dong Quai) (6:1)	250 mg
Zingiber officinale (Ginger rhizome 5% gingerols)	150 mg
Peony root (Paeonia lactiflora) (5:1)	150 mg
Rutin	600 mg
Taurine	300 mg
Choline (Citrate)	300 mg
<b>Suggested Dose:</b> Take 2 capsules three times per day starting 10 days prior to menstruation and continuing through the third day of menstruation or as directed by your health care professional.	

Other Ingredients: Cellulose

**Dioscorea villosa (Wild Yam):** is used industrially as the active agent in the half-synthesis of steroid hormones such as progesterone. It has ant-spasmodic actions. A common use is for uterine cramping.

**Cimicifuga racemosa (Black Cohosh):** main indications for use are: premenstrual and dysmenorrheic neurovegetative disorders. Symptoms of sleep disturbances, and emotional symptoms have shown positive benefit with the use of Black Cohosh. Luteinizing hormone levels (LH), but not Follicle Stimulation Hormone (FSH), are significantly reduced with Cimicifuga extracts. Cimicifuga extracts have been shown to potentiate the effects of tamoxifen and do not possess stimulatory effects on estrogen receptor positive cells. Black Cohosh may help prevent bone loss. Extracts were shown to stimulate bone formation even in ovariectomized rats.

**Vitex agnus-castus (Chaste Tree):**

benefits many symptoms of the menstrual cycle including cramping, and menstrual flow regulation.

**Viburnum opulus (Cramp Bark):** has a long history of use as an antispasmodic, reducing uterine cramping.

**Caulophyllum thalictroides (Blue**

**Cohosh):** use dates back to the beginning of the 20<sup>th</sup> century primarily for menstrual ailments and uterine cramps.

**Angelica senensis (Dong Quai):** does not appear to have estrogenic actions, rather it appears to enhance estrogen regulation. Its traditional use is as a blood tonic, enhancing the circulation, providing energy, vitality and improved resistance to disease.

**Zingiber officinale (Ginger):** is an inhibitor of prostaglandin synthesis with a long history of use in uterine cramps and pain.

**Paeonia lactiflora (Peony):** traditional use has been for women's hormonal health.

**Rutin:** has beneficial effects on membrane stability, vascular integrity (blood vessel health), reduction of edema and anti-inflammatory properties.

**Taurine:** is important for a healthy heart, cardiovascular and nervous systems.

Some with elevated blood pressure may benefit from use of Taurine. Taurine is beneficial for liver/gallbladder health.

**Choline:** is important for liver and nervous system health. The major neurotransmitter Acetylcholine requires choline for its synthesis.

***Not recommended for use during pregnancy or lactation***

**References:**

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

***For Quality and Value without Compromise***



***Is the logical choice!***