

MONTHLY COMFORT™

PMS Relief Formula

Eighty percent of all women experience physiological and emotional changes during the premenstrual period. Up to 40% of these women experience these changes as challenges to their well-being. Monthly Comfort addresses multiple systems related to premenstrual changes: hormone balance, the liver and detoxification, the brain and nervous system, the musculoskeletal system, and blood sugar regulation.



ACTION

CONTENT

	Brain & Nervous System	Blood Sugar Regulation	Musculoskeletal System	Hormone Balance	Liver & Detoxification
ACTION	Certain nutrients are essential for proper functioning of the nervous system, including synthesis of neurotransmitters, brain chemicals that can affect mood. The body requires phenylalanine for production of the neurotransmitters epinephrine, norepinephrine and dopamine. Taurine is another amino acid; it functions as a calming neurotransmitter.	Many women experience cravings for chocolate and carbohydrates prior to menses. Balanced blood sugar levels are important for maintaining an even mood and high energy levels and for reducing stress on the adrenal glands. Chromium, a constituent of Glucose Tolerance Factor, assists insulin in transporting glucose in the cells.	Some nutrients have a relaxing effect on the nervous system, bringing ease and comfort to muscles. Some herbs also affect the musculoskeletal system in this way. Relaxation of the physical body and emotional well-being are interconnected, so that influencing one system benefits the related system as well.	Hormonal balance during monthly cycles is important. Chasteberry is believed to have a regulatory effect on the female hormonal system through its action on the pituitary gland. It has been shown to increase comfort levels in women with premenstrual syndrome (PMS). Dong quai comes from Traditional Chinese Medicine, where it is used to build blood and promote circulation. Black cohosh contains phytoestrogens and is also used in TCM to improve blood circulation and to regulate and ease the menstrual cycle.	One of the vital functions of the liver is the activation and breakdown of hormones. Some holistic practitioners believe that liver function may play a role in PMS. They theorize that a liver burdened by toxins from the environment, food and drugs may not metabolize hormones properly, leading to imbalances that cause discomfort. Herbs and nutrients are included to cleanse and detoxify the liver and support liver function.
CONTENT	Black Cohosh, DL-Phenylalanine, Taurine, Calcium, Magnesium, Vitamins B-1, B-6, B-12, C & E, Choline, Folic Acid, Inositol	Chromium, Zinc, Vitamins B-1, B-2, B-5, B-6, B-12 & C, Folic Acid, Niacinamide	Black Cohosh, Blue Cohosh, Cyperus, Calcium, Magnesium, Zinc, Vitamins A, B-6 & C	Black Cohosh, Blue Cohosh, Chasteberry, Cyperus, Dong Quai, Vitamins A & E	Cyperus, N-Acetyl Cysteine, Dandelion, Silymarin, Vitamins B-1, B-2, B-5, B-6, B-12, C & E, Choline, Folic Acid, Inositol, Niacinamide

