



PMS RELIEF can relieve symptoms such as bloating, irritability, cramping, anxiety, water retention, decreased energy, breast pain, headaches, and depression.

Ingredients

2 vegetable capsules contain:

Dong quai (1% ligustilide)	20:1 p.e.	250 mg =	5000 mg
Chaste tree berry (0.5% agnusides, 0.6% aucubin)	25:1 p.e.	250 mg =	6250 mg
Dandelion root (3% flavonoids) .	10:1 p.e.	300 mg =	3000 mg
Siberian ginseng (0.8% eleutherosides)	50:1 p.e.	10 mg =	500 mg
Corn silk extract	4:1 p.e.	100 mg =	400 mg
Cramp bark	4:1 p.e.	100 mg =	400 mg
Black cohosh extract 2.5%	12:1 p.e.	40 mg =	480 mg
Red clover extract 8%		70 mg	
p.e: powdered extract			



PMS RELIEF
Sold exclusively to finer health food stores
www.newrootsherbal.com/store

PMS Relief

A natural way to relieve PMS symptoms

PMS RELIEF PROVIDES WOMEN WITH SPECIFIC NUTRIENTS THAT HELP ALLEVIATE PMS SYMPTOMS.



Causes of PMS

PMS is believed to be caused by an imbalance of estrogen and progesterone. Increased levels of the hormones, low liver function, poor nutrition, hypothyroidism, stress, depression and adrenal insufficiency can all play roles as well.

SOME ESTIMATE
THAT MOST WOMEN
EXPERIENCE PMS
SYMPTOMS

A Natural Approach to PMS

The treatment of PMS should involve nutritional supplementation to support underlying imbalances as well as herbs that detoxify the liver, support the adrenal glands, prevent cramping, reduce water retention and balance hormones.

The best herbs for PMS

Dong quai (1% ligustilide)
In Asia, dong quai is regarded as the king of female tonics. It is especially useful for treating painful periods and PMS. Dong quai works by warming the pelvic region and removing blood stasis, one of the major causes of painful periods, as well as toning the uterus, helping to prevent cramping.

Chaste tree berry (0.5% agnusides, 0.6% aucubin)
Chaste tree is considered to be the very best herb for PMS. In Germany, it is the treatment of choice for PMS. Numerous studies, involving thousands of women with PMS, report that women using chaste tree experience a total recovery or an improvement in their condition. This amazing herb works against all the symptoms of PMS, from breast pain and water retention to constipation and headaches to tension and depression. Chaste tree works by balancing hormone levels.

Dandelion root (3% flavonoids)
Dandelion root supports both the liver and kidneys. It helps to cleanse the liver, helping the liver to break down excess estrogen, which improves the estrogen/progesterone balance. Dandelion root also helps to strengthen the kidneys and get rid of excess water, putting an end to the bloating and water retention that women with PMS suffer. It helps to clear away obstructions and cleanse the blood, clearing up the acne that PMS sufferers sometimes experience.

Siberian ginseng extract (0.8% eleutherosides)
Siberian ginseng is an energy tonic and one of the best herbs for adrenal insufficiency, which manifests itself as low energy, stress, depression, irritability and fatigue. Women with PMS often

suffer from low adrenal function and have many, if not all, of these symptoms.

Corn silk extract
Corn silk is a wonderful diuretic that helps to clear accumulated fluid from the body.

Cramp bark
Cramp bark has a tonifying effect on the uterus and regulates the menstrual cycle, helping with PMS. It is especially good for uterine cramping, since it is an antispasmodic that has an affinity for the uterus.

Black cohosh extract 2.5%
Black cohosh is remarkably effective against hot flashes, sweating, heart palpitations and vaginal thinning and drying. Black cohosh shares with isoflavones the advantage over estrogen therapy of not stimulating breast tumours; quite the opposite: it markedly inhibits them.

Red clover extract 8%
Isoflavones are nutrients found in red clover that are weakly estrogenic, giving them an amazing ability. If your estrogen levels are low during menstruation, they gently raise them, but if they are too high, as in breast cancer, they lower them by transferring receptor sites from your own more powerful estrogen. Studies show that red clover isoflavones not only help with hot flashes, but also with vaginal dryness and thinning, and with breast cancer. A recent study has also found that the isoflavones found in red clover may have cardiovascular benefits in menopausal women.

Suggested use
Take 1–3 capsules daily with a meal.

