

Pre-Menstrual Syndrome

Many women suffer from symptoms of premenstrual syndrome (PMS), which usually start at the beginning of the monthly cycle and resolve with the start of menstruation. PMS is also known as premenstrual tension or PMT.

Possible Causes and Contributing Factors:

- Carbohydrate sensitivity
- B vitamin, Calcium or magnesium deficiency
- Hormonal imbalance
- Obesity
- Excessive use of alcohol, tobacco or hydrogenated fats and oils
- Food allergies and/or environmental toxins
- Stress, depression
- Thyroid problems
- Poor liver function

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.