



## BioFem PMS

Serving Size 6 capsules

Servings Per Container 15

Amount Per Serving

Vitamin C (ascorbic acid)	250 mg
Calcium (D-glucarate)	60 mg
Vitamin E (D-alpha tocopheryl succinate)	100 IU
Vitamin B6 (pyridoxal 5'-phosphate, pyridoxine HCl)	50 mg
Magnesium (glycinate, citrate, malate)	400 mg
Rutin	600 mg
Choline (citrate)	300 mg
Taurine	300 mg
Black cohosh root extract ( <i>Cimicifuga racemosa</i> ) (2.5% triterpene glycosides)	250 mg
Blue cohosh root ( <i>Caulophyllum thalictroides</i> )(5:1)	250 mg
Calcium D-glucarate	200 mg
Chasteberry fruit extract ( <i>Vitex agnus-castus</i> )(5:1)	250 mg
Cramp bark ( <i>Viburnum opulus</i> )(5:1)	250 mg
Curcumin extract ( <i>Curcuma longa</i> ) (95% curcuminoids)	250 mg
Dong quai root ( <i>Angelica sinensis</i> ) (6:1)	250 mg
Wild yam ( <i>Dioscorea villosa</i> )(10:1)	250 mg
Ginger rhizome extract ( <i>Zingiber officinalis</i> )(5% gingerols)	150 mg
Peony root extract ( <i>Paeonia lactiflora</i> )(5:1)	150 mg

**OTHER INGREDIENTS:** Cellulose. Contains soy (from vitamin E).

**SUGGESTED USE:** As a dietary supplement, 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 healthcare professional.

### REFERENCES:

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# BIOFEM PMS

NUTRITIONAL SUPPORT FOR SYMPTOMS ASSOCIATED WITH A WOMEN'S MENSTRUAL CYCLE.

- BioFem 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 aids in the regeneration of vitamin E's 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 the health of nerve cells and the nervous system. Vitamin E has also been shown to promote healthy menstrual function.

**VITAMIN B6** assists in the reduction of fluid retention via regulation of aldosterone. It also enhances progesterone levels and reduces symptoms of irritability and fatigue.

**CALCIUM D-GLUCARATE** encourages a healthy estrogen metabolism through beneficial regulation of glucuronidation in the liver. Calcium D-glucarate 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, where magnesium is often deficient.

**CURCUMA LONGA (TURMERIC)** is beneficial for uterine, breast and liver health. Curcumin has antioxidant, anti-inflammatory properties.

**DIOSCOREA VILLOSA (WILD YAM)** is used industrially as the active agent in the half-synthesis of steroid hormones such as progesterone. It has anti-spasmodic actions. A common use is for uterine cramping.

## REFERENCES:

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10. Walaszek Z. Potential use of D-Glucaric acid derivatives in cancer prevention. *Cancer Lett*. 54:1-8, 1990.
11. Nesselhut T, Borth S, Kuhn W. Influence of *Cimicifuga racemosa* extracts with estrogen-like activity on the in vitro proliferation of mamma carcinoma cells. *Arch Gynecol Obstet* 254:817-8, 1993.
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# BIOFEM PMS

**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 Hormones (FSH), are significantly reduced with *Cimicifuga racemosa* extracts. *Cimicifuga racemosa* 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)** helps reduce 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 20th 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 and providing energy, vitality, and improved resistance to disease.

**ZINGIBER OFFICINALE (GINGER)** is an inhibitor of prostaglandin synthesis with a long history of use for 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. A major neurotransmitter, acetylcholine, requires choline for its synthesis.

Not recommended for use during pregnancy or lactation.