

# PMSRelief

A natural way to  
relieve PMS symptoms



- Provides specific nutrients that help alleviate PMS symptoms

**Tested in our  
ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)



## 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 Root Extract, 1.0% Z-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.



### **Chasteberry Fruit Extract, 0.5% Agnusides**

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 Roots Extract, 3.0% 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 Root 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 4:1**

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

### **Cramp Bark Extract 4:1**

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 Root Extract, 2.5% triterpene glycosides**

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 Flower Extract, 8.0% Isoflavones

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.

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

Each vegetable capsule contains:

Dandelion ( <i>Taraxacum officinale</i> ) root extract, 3% flavonoids	150 mg
Chaste tree ( <i>Vitex agnus-castus</i> ) fruit extract, 0.5% agnuside	125 mg
Dong quai ( <i>Angelica sinensis</i> ) root extract, 1% Z-ligustilide	125 mg
Corn ( <i>Zea mays</i> ) silk 4:1 extract	50 mg
Cramp bark ( <i>Viburnum opulus</i> ) 4:1 extract	50 mg
Red clover ( <i>Trifolium pratense</i> ) flower extract, 8% isoflavones	35 mg
Black cohosh ( <i>Actaea racemosa</i> ) root extract, 2.5% triterpene glycosides	20 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root extract, 0.8% eleutherosides	5 mg

**Other ingredients:** Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80053836 · V0186-R2

Directions of use:

**Adult women:** Take 1 capsule daily beginning when PMS symptoms typically appear or as directed by your health-care practitioner. **For periodic use only.**

Manufactured under strict GMP (Good Manufacturing Practices).

HP0233

