PMS Multi

DESCRIPTION: Multivitamin/mineral formula for relief of many premenstrual symptoms and complaints unique to women’s monthly needs.

FORMULA:
Three tablets provide:
- Vitamin A (as beta carotene) 5000 IU
- Vitamin C (as calcium ascorbate) 300 mg
- Vitamin D3 (as cholecalciferol) 400 IU
- Vitamin E (as d-α-tocopherol succinate) 75 IU
- Vitamin K (Phytonadione) 50 μg
- Thiamine (thiamine hydrochloride) 25 mg
- Riboflavin 25 mg
- Niacin (niacinamide, nicotinic acid) 75 mg
- Vitamin B6 (pyridoxine hydrochloride) 75 mg
- Folic Acid 100 μg
- Vitamin B12 (cobalamin) 100 μg
- Biotin 600 μg
- Pantothenic acid (d-Ca pantothenate) 800 μg
- Calcium (from calcium citrate) 800 μg
- Iron (from ferrous fumarate) 200 mg
- Iodine (from kelp) 200 mg
- Magnesium (from magnesium oxide, amino acid chelate, glycinate) 200 mg
- Zinc (from zinc oxide) 200 mg
- Selenium (from selenomethionine) 200 mg
- Copper (from copper gluconate) 200 mg
- Manganese (from manganous gluconate) 2 mg
- Chromium (chromium polynicotinate) 200 μg
- Molybdenum (from sodium molybdate) 75 μg
- Inositol 25 mg
- L-Tyrosine 100 mg
- Chaste Berry Fruit Extract (Vitex agnus) 50 mg
- Choline (as choline bitartrate) 50 mg
- PABA (as para-aminobenzoic acid) 10 mg
- Enzymes (plant based) 100 mg
- Protease 385 HUT
- Amylase 50 DU
- Lipase 75 FIP
- lavender Extract 4:1 (L. angustifolia) 30 mg
- FloraGLO® lutein (from Tagetes erecta) 3 mg
- Pomegranate powder (Punica granatum) 15 mg
- Raspberry Leaf powder (Rubus idaeus) 50 mg
- Citrus Bioflavonoid Complex 200 mg
- Ginger root (Zingiber officinale) 50 mg
- Orange powder 50 mg
- Cinnamon powder (C. cassia) 100 mg
- Ginger root (Zingiber officinale) 50 mg
- Citrus Bioflavonoid Complex 200 mg

INDICATIONS: Those seeking assistance with premenstrual symptoms.

DIRECTIONS: Take three tablets daily with food.

PRECAUTIONS: Keep out of reach of children, store in a cool, dry place.

SUPPLIED: 90 tablets per bottle, with child-resistant seal.

FEATURES:
- Formulated especially to better meet the needs of women - 100% RDI of magnesium, 100% vitamin D3, 60% vitamin K, 60% zinc, 200% folic acid and 250% vitamin E - found to be commonly deficient in a recently published study of women’s nutrition during menopause
- a pleasing cinnamon smell eases compliance
- contains standardized herbs such as chaste berry which helps normalize the progesterone/estrogen ratio in a women’s bloodstream, easing PMS symptoms; lavender to help lower anxiety, supports a positive mood and promote a restful sleep
- B-vitamins, with a liberal amounts of vitamin B6 and B12 (>1000% RDI), to assist in resolution of water retention, nerve health; L-tyrosine is provided to supplement this amino acid because circulating tyrosine is depleted during menses
- protease enzymes which help dissolve small clots and return blood circulation to normal, amylase and lipase to calm the stomach
- 100% vegetarian
- a daily dose of PMS Multi delivers 18 mg of iron, 100% of the recommended daily intake of this vital nutrient.

www.anaboliclabs.com
© 2006 ANABOLIC LABORATORIES INC. All rights reserved.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
BACKGROUND:
While the prevalence of premenstrual syndrome is difficult to ascertain, approximately 75% of all women complain of some PMS-related symptoms. A study, with over 870 women questioned, reported serious symptoms plague over 8% of women; younger and more active women, with longer menses were more likely to suffer PMS, while overall the most positive correlation was with stress.

Two common behaviors which might be avoided to reduce the severity of PMS are drinking red wine and abstinence from caffeine. Red wine, rather than other strong drinks, seems causative for migraine headaches; the effect seems to be both immediate and severe. On the other hand, reducing one’s daily coffee or tea may also bring on headaches and hence exacerbate PMS. There is some evidence that dairy products should be avoided during this period to reduce the symptom of water retention.

Proper nutrition seems to play a positive role in relieving some of the problems of PMS. A population of women with PMS display increased carbohydrate tolerance and low red-cell magnesium - typical symptoms of glucose intolerance. High glucose levels coupled with low intracellular glucose levels often manifests as irritable behavior while low levels of plasma magnesium are associated with glucose intolerance and insulin resistance. The vitamins B6 and E encourage the release of progesterone into the bloodstream and raise progesterone levels. This tends to relax a woman with cessation of some anxiety and nervousness. Evidence is also accumulating that several minerals are important for tissue remodeling during and before menstruation. Zinc is the crucial active site catalyst for an entire host of matrix metalloproteinases which are critical for angiogenesis and other processes of tissue remodeling. Zinc is also the catalytic metal for the key enzyme, aminopeptidase A, the proteolytic enzyme converting angiotension II (AngII) into angiotension III – AngII plays a pivotal role in vasorestriction of the endometrial arteries before and during menses. Zinc, as well as iron deficiencies, has been observed for young women who do not supplement their diets. Zinc and iron tissue stores of young women are quite low compared with both post-menopausal women and with men, and should be supplemented to avoid chronic problems from common deficiencies.

REFERENCES:

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.