



PM X

Enerex PM X — For the Relief of PMS cramps and pain symptoms

Sail through your cycle. Whether you experience abdominal pain, headaches and nausea or mood swings during your monthly cycle, you can reduce them naturally, without prescriptions or pain-relieving NSAIDs. PM X offers relief from PMS symptoms using a multi-ingredient approach: trusted botanicals like the patented Hops extract, Perluxan™, to reduce pain; Black Haw to help relax uterine muscles; Chaste Berry to balance hormones; Turmeric to lessen cramps and moodiness; and Vitamin B1 and B6 to help reduce bloating, cramps and depression.

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OVERVIEW

If you're tired and irritable, you feel breast tenderness, and suddenly you can't do up your pant button, you know what it signals — **you're about to get your period. No matter how healthy your lifestyle, if you're female, chances are that PMS has affected you at some time in your adult life.**

Menstrual pain relief without side effects

When women experience headaches, cramps and abdominal discomfort, most don't have time to deal with pain so they take a nonsteroidal anti-inflammatory drug (NSAID) such as ibuprofen or other pain-reliever such as acetaminophen to cover PMS symptoms and get on with their day. However, *The Physicians' Desk Reference* book lists over 100 side effects for NSAIDs (e.g. Midol, Aleve, Motrin and Advil) including heartburn, constipation, diarrhea, vomiting, hemorrhage, ulcer perforation and even kidney failure. In fact, these seemingly safe monthly

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mainstays can have devastating effects. NSAID-related gastrointestinal complications rank 15th among the most common causes of death in the US.

Taking the time to research safer alternatives will pay off in the end. Even conventional governmental health organizations, such as the US Department of Health and Human Services, Women's Health Division, recommend natural aids for PMS including Chaste Berry and Vitamin B6.

Enerex PM X offers a specialized blend of botanical pain-relievers and anti-inflammatories that reduce premenstrual pain without negative side effects. A key ingredient in the formula is the naturally derived Perluxan® Hops extract, which is backed by extensive research. Unlike NSAIDs, PM X also offers relief from other symptoms such as bloating and moodiness with a carefully combined vitamin and herbal blend.

What causes PMS?

Several factors may be involved including changes in the hormones estrogen and progesterone during the menstrual cycle, and chemical fluctuations in the brain such as reduction of serotonin. Stress and emotional issues (like depression) make premenstrual syndrome worse. Other possible influencers include low levels of certain vitamins (such as folic acid, and vitamins B6, B1, D and E) and minerals (including magnesium and calcium). Drinking alcohol and caffeine may elevate symptoms such as moodiness, skin blemishes and bloating. And lack of exercise can increase bloating and anxiety.

Feel plagued by your period? Know that you don't suffer alone and that there are natural and safe ways to relieve symptoms.

PM X includes these six essential ingredients:

Hops: Hops is popular medicinal herb useful for everything from sleep disorders to bladder infections. Commonly known as a beer making ingredient, Hops is effective to reduce menstrual pain due to its alpha acids. Enerex chose the patented Perluxan™ Hops Extract for its **PM X** formula, which contains 500 mg of Perluxan™ (with 30% humulone, its active ingredients). Perluxan™ extract acts quickly, offering relief in about 90 minutes. Research shows that this patented extract works with the body's pathways responsible for pain and inflammation, affecting compounds associated with pain including COX-2 enzyme, prostaglandin E2, and interleukin-1. This extract is also an antioxidant, meaning it fights free radicals that cause premature aging. (Read about more research on [Hops Extract](#) in the FEATURES section.)

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Black Haw (*Viburnum prunifolium*): PM X contains 85 mg of Black Haw branch bark.

Black Haw relieves menstrual cramps because it contains a natural chemical compound that relaxes the uterine muscles. It is also an effective diuretic to reduce bloating. The Black Haw shrub's bark has been used to treat feminine reproductive issues for over a century. Natural chemicals including Coumarins, Salicin, I-Methyl-2 and Scopoletin are thought to be the reason that it is effective as an anti-spasmodic, tension-reducing sedative, uterus relaxant, and diuretic. It's also used for false labour pains and uterine spasms after childbirth. (Read about more research on [Black Haw](#) in the FEATURES section.)

Chaste Berry (*Vitex agnus-castus*): PM X contains 50 mg of Chaste Berry fruit. Chaste Berry plays a role in treating menstrual-related irritability and bloating by balancing hormones; in Europe, it is recommended more than any other herb for PMS. Although it contains no hormones, this herb stimulates luteinizing hormone which, in turn, signals the ovaries to make more progesterone. PMS symptoms like irritability, depression and bloating are partially caused by insufficient progesterone produced in the weeks prior to menstruation. Chaste Berry (and its active ingredient, agnuside) helps normalize the ratio of progesterone to estrogen, providing relief. (Read about research on [Chaste Berry](#) in the FEATURES section.)

Turmeric: PM X contains 55 mg of Turmeric. Turmeric is considered one of the most important healing spices due to its anti-inflammatory properties. Turmeric has several potent compounds that reduce symptoms including pain, cramps, moodiness and anxiety. In its whole form, the spice Turmeric helps to maintain healthy estrogen levels. Its therapeutic chemicals also work individually to relieve symptoms: curcumin reduces pain, and effects neurotransmitters to enhance mood and reduce anxiety; eugenol is a pain-relieving anti-inflammatory and anti-depressant; caffeic and cinnamic acids reduce cramping. (Read about more research on [Turmeric](#) in the FEATURES section.)

Vitamin B1 (Thiamine), Vitamin B6 (Pyridoxine HCl): PM X contains 25 mg each of Vitamin B1 and Vitamin B6. Vitamin B1 may prevent and ease PMS symptoms of moodiness and Vitamin B6 has been shown to help regulate periods, reduce bloating, and curb cravings. B1 helps to convert glucose to energy and can affect energy levels and mood during PMS. B6 aids in regulating irregular blood flow and it may also reduce fluid retention, irritability, breast pain, and sugar cravings. Studies have found a lower risk of PMS symptoms in women with high intakes of B vitamins because they help to make the brain neurotransmitters involved in relieving PMS symptoms. (*Am J Clin Nutrition*, 2011; 93(5): 1080–1086.) (Read about more research on [Vitamins B1 and B6](#) in the FEATURES section.)

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INGREDIENTS

Medicinal Ingredients:

Perluxan® (Hops, <i>Humulus lupulus</i> , 30% Humulone / Alpha & Iso-Alpha Acids, strobiles)	500 mg
Black Haw (<i>Viburnum prunifolium</i> , 10:1, 850 mg DHE*, branch bark)	85 mg
Turmeric (<i>Curcuma longa</i> , 50:1, 2750 mg DHE*, rhizome)	55 mg
Chaste Berry (<i>Vitex agnus-castus</i> , 10:1, 500 mg DHE*, fruit)	50 mg
Vitamin B1 (Thiamine)	25 mg
Vitamin B6 (Pyridoxine HCl)	25 mg

Non-Medicinal Ingredients: vegetable magnesium stearate, hypromellose (vegetarian cellulose complex capsule).

There are no other ingredients added to this formula.

Perluxan® is a registered trademark of Pharmachem Laboratories Inc.

*Dried Herb Equivalent

Tested and verified to be gluten free.

Directions:

Take 2 capsules 2 times daily with food or as directed by a health care practitioner.

Recommendations/Precautions:

Consult a health care practitioner prior to use if: you are pregnant or breastfeeding, have depression and/or other related diseases, symptoms persist or worsen; you are taking hormone-containing medications such as progesterone preparations, oral contraceptives or hormone replacement therapy; you have gallstones or a bile duct obstruction, stomach ulcers or excess stomach acid. Exercise caution if driving a motor vehicle or involved in activities requiring mental alertness as some people may experience drowsiness.

FEATURES

The following provides research on plant aids and vitamins that **Enerex PM X** uses:

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Perluxan Hops Extract:

In 2004, researchers wanted to find a botanical anti-inflammatory with pain-reducing “COX-1-sparing activity” to reduce the risk of drug side effects so compared Hops with ibuprofen. Results showed no differences between Hops and ibuprofen in COX-2 inhibitory action—both worked for a nine hour period—and researchers stated that Hops extracts therefore represent a safe alternative to ibuprofen. (*Lemay, Marc; Murray, Mary A. et al. "Hops and pain—In vitro and ex vivo cyclooxygenase inhibition by a hops extract." Asia Pacific Journal of Clinical Nutrition, 2004, Vol. 13, pS110-S110. 1/2p.*)

A 2006 study states that the anti-anxiety and analgesic effects of this Hops extract have been proven, and therefore compared its analgesic strength with morphine. The effects of Hops showed no significant difference compared to the regular dose of morphine. Researchers concluded that the estrogenic compounds in Hops extract and “the inhibitory mechanism of cyclo-oxygenase” produce these suppressing effects on pain and inflammation. (*SH Hejazian MSc, SM Mahdavi MSc, “Comparison Between the Analgesic Effect of Humulus Lupulus (Hops) Extract and Morphine in Mice”. Journal of Rafsanjan University of Medical Sciences. 2006; 5 (4) :273-278*)

Black Haw:

Black Haw has been shown in research to be effective for increasing urine (as a diuretic) to relieve fluid retention; and for treating menstrual cramps and spasms of the uterus. (*Tomassini, L., Cometa, F. M., Foddai, S., and Nicoletti, M. Iridoid Glucosides from Viburnum prunifolium. Planta Med 1999;65(2):195.*)

Chaste Berry:

A thorough overview of Chaste Berry studies states that in clinical trials treating PMS, Chaste Berry especially reduced breast pain or tenderness, but also symptoms including edema, constipation, irritability, depressed mood, anger and headache. (*Overview: Beatrix Roemheld-Hamm, M.D., Ph.D., “PMS and cyclical breast discomfort”, Am Fam Physician. 2005 Sep 1;72(5):821-824 University of Medicine and Dentistry of New Jersey*)

The same overview also states that a clinical study found comparable effects for Chaste Berry and Vitamin B6, both of which decreased PMS symptoms by almost 50 percent. (*Lauritzen C, Reuter HD, Repges R, et al. “Treatment of premenstrual tension syndrome with Vitex agnus castus. Controlled, double-blind study versus pyridoxine.” Phytomedicine. 1997;4:183–9.*)

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Turmeric:

Many studies have shown that Turmeric's ability to reduce inflammatory enzymes called COX-2 and 5-LOX to reduce pain and to protect cells from cancer, heart disease and other chronic conditions including arthritis. In fact, the powerful component responsible for its healing called curcumin has been researched and proven for over 40 years. (*Arora RB, et al. "Anti-inflammatory studies on Curcuma longa (turmeric)". Indian Journal Med Res. 1971;50:1289–95.*)

Vitamin B6:

Studies have found a lower risk of PMS symptoms in women with high intakes of B vitamins because they help to make the brain neurotransmitters involved in relieving PMS symptoms. (*Am J Clin Nutrition, 2011; 93(5): 1080–1086.*)

The Mayo Clinic states, "Some evidence shows that taking oral B6, pyridoxine, may improve PMS symptoms, such as breast pain, depression and anxiety in some women." (www.mayoclinic.org/drugs-supplements/vitamin-b6/evidence/hrb-20058788 Premenstrual syndrome)

Well respected Oxford University complies with this. Its study on the effects of Vitamin B6 at a dose of 50 mg per day in 63 women for premenstrual syndrome found significant beneficial effect on emotional type symptoms including depression, irritability and tiredness. (*Brown S, Thurston A, Vessey M. "Pyridoxine (vitamin B6) and the premenstrual syndrome: a randomized crossover trial." JR Coll Gen Pract. 1989 Sep;39(326):364-8. Department of Community Medicine and General Practice, Oxford.*)

Other studies have also shown that Vitamin B6 is effective for relieving overall and depressive premenstrual symptoms. ("Review: Vitamin B6 is beneficial in the premenstrual syndrome", *Evid Based Med* 1999;4:182 doi:10.1136/ebm.4.6.) AND (Wyatt KM, Dimmock PW, et al. "Efficacy of vitamin B-6 in the treatment of premenstrual syndrome: systematic review." *BMJ*. 1999 May 22;318:1375-81.)

Vitamin B1:

Dysmenorrhoea refers to painful menstrual cramps in the uterus. An updated 2009 overview states that many women looking for non-drug therapies prompted clinical trials for Vitamin B1 therapy. The review of trials found some evidence that Vitamin B1 and magnesium help reduce dysmenorrhoea pain, especially when 100 mg B1 is taken daily. ("Vitamin B1 and magnesium may both help reduce the pain of dysmenorrhoea", *Cochrane Database of Systematic Reviews, 2009*) Original study: (Proctor M, Murphy PA. "Herbal and dietary therapies for primary and secondary dysmenorrhoea." *Cochrane Database of Systematic Reviews 2001, Issue 2. Art. No.: CD002124.*)

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PACKAGING

Why should you care about **Enerex PM X**'s bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and "chemical migration" from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

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