

# DR.VEGAN<sup>®</sup>

## THE ANNUAL PMS SURVEY 2022

Our survey reveals the most common symptoms of PMS and their impact on women's mental health and daily lives.

Online survey of 250 people in the UK during November 2022. Nationally representative.

### Symptoms of PMS

#### Top reported symptoms

There were more than 20 symptoms of PMS reported.

The most common symptoms reported were mood swings followed by bloating and having less energy.

The most disruptive symptoms to women's lives were mood swings, insomnia and depression.

#### Mood swings

70%

#### Bloating & gassy

68%

#### Less energy

57%

#### Back pain

57%

#### Tummy pain

55%

#### Brain Fog

52%

#### Breast tenderness

49%

#### Depression

49%

#### Cravings

47%

#### Headaches

46%

#### Trouble sleeping

43%

#### Hormonal acne

39%

#### Frequent poos

33%

#### Weight gain

33%

#### Changes in sex drive

33%

#### Muscle / joint pain

32%

#### Constipation

24%

#### Greasy hair

18%

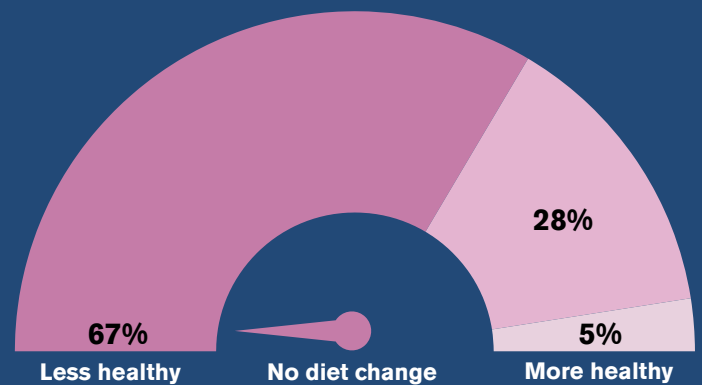
#### Gum / tooth pain

11%

### Change in diet during PMS

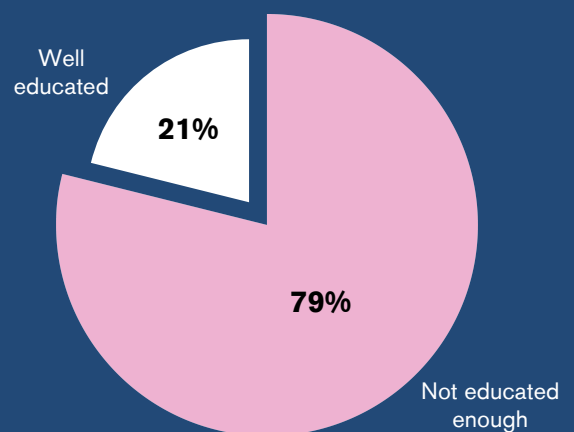
Half of women experience changes in appetite and cravings, and 67% eat less healthily during PMS.

This has an impact on their gut health, mental health and mood.



### Is PMS educated well?

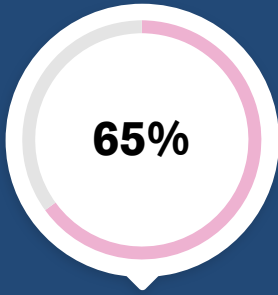
Majority felt that they were not well educated about PMS in school.



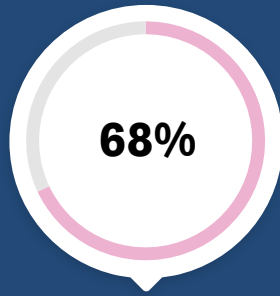
78% don't feel employers, teachers, schools or universities understand and support them during PMS.

## Impact on mental health

PMS can have a negative impact on mental health.



Feel anxious during PMS



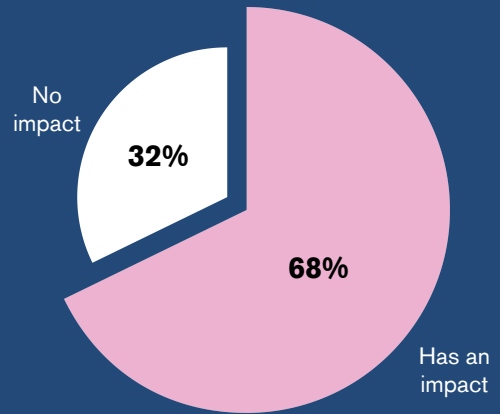
Say exercise is more difficult during PMS

Half of women feel depressed, experience brain fog, lack of concentration and headaches - when suffering from PMS. Almost all feel less productive and lack confidence during this time.

## Impact on life

51% report their symptoms disrupt their daily life, and 41% have had to take a day off work due to PMS.

68% feel PMS impacts the relationships in their life.



## PMS Hero®

### Symptoms PMS Hero®

helps relieve

#### Mood swings



Less energy



Depression



Headaches



Brain fog



Tummy pain



Bloating & gassy



Back pain



Breast tenderness



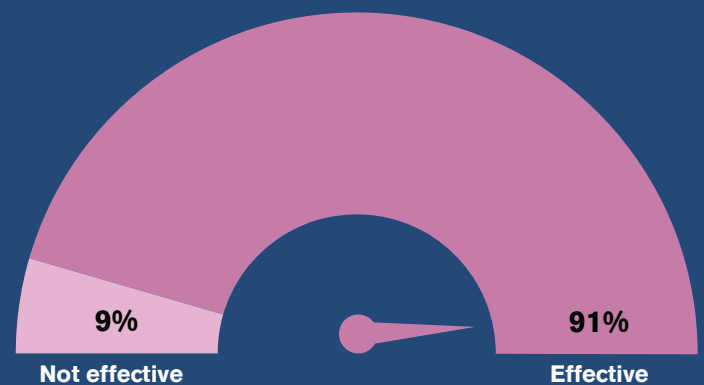
Trouble sleeping



### Effectiveness of PMS Hero®

vs other treatments

2x more effective than other supplements people have tried to treat it.



9 out of 10 Recommend PMS Hero®

For the full report & results of our Annual PMS Survey 2022 please contact us at [team@drvegan.com](mailto:team@drvegan.com)