

THE REVIEW WORKS★

Product Trial: ashaya In-Flow Period & PMS Relief and Re-Glow Perimenopause Relief By The Review Works

The Review Works conducted an independent product effectiveness trial of ashaya In-Flow Period & PMS Relief Oral Powder and Re-Glow Perimenopause Relief Oral Powder over 4 weeks with Australian women aged 20-50.

METHODOLOGY

Each trial was conducted over a period of four weeks, where participants self-measured their symptoms pre-trial and post-trial using a consistent rating system. The participants were offered no incentive to participate and were instructed to provide honest feedback at the conclusion of the trial.

IN-FLOW PERIOD & PMS RELIEF

The first trial involved 92 women aged between 20 and 39, all of whom experience regular periods and suffer from PMS. The pre-and post-trial surveys focused on measuring symptoms of PMS, including bloating, digestion discomfort, period pain, anxiety, tiredness, mood, breast tenderness, headaches, libido and changes in skin.

The results: 83% of women who underwent the trial and took the supplement daily saw an improvement in PMS symptoms over the four-week trial.

All measured symptoms saw a marked improvement. On average, symptoms improved by 40% and shifted from a self-score of 7.8/10 (with 10 being unbearable) pre-trial to just 4.7/10 afterward.

The overall sentiment towards the product was very positive. Here's how they rated the changes on each symptom:

- Anxiety (an improvement of 7.59/10 to 3.95/10 or 48%)
- Tiredness (an improvement of 8.50/10 to 4.76/10 or 44%)
- Cramps and Period Pain (an improvement of 8.21 to 4.58 or 44%)
- Bloating (an improvement of 8.08/10 to 4.68/10 or 42%)
- Moodiness (an improvement of 8.37 to 4.82 or 42%)
- Breast Tenderness (an improvement of 6.82/10 to 4.13/10 or 39%)
- Skin Issues (an improvement of 6.22/10 to 3.77/10 or 39%)
- Headaches (an improvement of 7.08/10 to 4.51/10 or 36%)



thereviewworks.com.au
hello@thereviewworks.com.au
Suite 303, Level 3, 19a Boundary St,
Rushcutters Bay NSW, 2011

ABN 58490493442

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- Digestion Discomfort (an improvement of 7.02/10 to 4.50/10 or 36%)
- Libido (an improvement of 5.78/10 to 4.14/10 or 28%)

RE-GLOW PERIMENOPAUSE RELIEF

For the second product, we worked with 82 women all aged between 40 and 50 years experiencing perimenopausal symptoms. The pre-and post-trial surveys focused on the characteristics associated with hormonal fluctuations during perimenopause, such as hot flushes, night sweats, spontaneous sweating, anxiety, tiredness, digestion discomfort, irritability, aches and pains, restless sleep, mood, abdominal bloating, and decreased libido.

The results: 89% of women who underwent the trial and took the supplement daily noticed an improvement in their perimenopausal symptoms over the course of four weeks. Over half (57.5%) noticed an improvement in up to two weeks.

All measured symptoms saw a marked improvement. On average, symptoms improved by 32% shifting from a 6.6/10 pre-trial (with 10 being unbearable) to a much more manageable 4.5/10.

The overall sentiment towards the product was very positive. Here's how they rated the changes on each symptom:

- Spontaneous Sweating (an improvement of 6.4/10 to 3.10/10 or 51%)
- Hot Flushes (an improvement of 6.18/10 to 3.05/10 or 51%)
- Irritability (an improvement of 6.93/10 to 3.55/10 or 49%)
- Moodiness (an improvement of 6.8/10 to 3.53/10 or 48%)
- Night Sweats (an improvement of 6.49/10 to 3.54/10 or 46%)
- Digestion Discomfort (an improvement of 6.49/10 to 3.54/10 or 46%)
- Aches and Pains (an improvement of 6.79/10 to 3.70/10 or 46%)
- Anxiety (an improvement of 7.20/10 to 3.90/10 or 45%)
- Tiredness (an improvement of 8.09/10 to 4.64/10 or 42%)
- Restless Sleep (an improvement of 7.94/10 to 4.58/10 or 42%)
- Libido (an improvement of 6.37/10 to 3.78/10 or 41%)
- Bloating (an improvement of 6.91/10 to 4.11/10 or 41%).



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