

PMSX

FOR EFFECTIVE RELIEF OF MENSTRUAL PAIN & SYMPTOMS ASSOCIATED WITH PMS

THE ENEREX ADVANTAGE

- > Helps relieve symptoms of PMS including aches and pains, discomfort, anxiety, nervousness, and irritability
- > A multi-ingredient approach for multi-symptom relief
- > Combines patented and trusted herbal remedies long known for their ability to bring relief of painful menstrual cramps (dysmenorrhea)
- > Includes Black Haw as a uterine relaxant and to help with severe low back and pelvic pain
- > Acts as a hormone balancer to help stabilize menstrual cycle irregularities and adverse effects
- > Patented pain relief ingredient Perluxan®
- > Proven Pain relief & mood stabilizer
- > Highest potency on the market based on Dry Herb Equivalent
- > Two-month supply

TWO VEGETARIAN CAPSULES CONTAIN:

Medicinal Ingredients:

Perluxan® (Hops, <i>Humulus lupulus</i> , 30% Humulone, 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

There are no other ingredients added to this formula.

Do not use this product during pregnancy.

Perluxan® is a registered trademark of Pharmachem Laboratories Inc.

* Dried Herb Equivalent

ADULTS: Take 2 capsule 2 times daily with food or as directed by a health care practitioner.



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Part of ESP Program*



Functional

Functionals focus on specific conditions and work to reduce, improve, restore, and assist the body to take or make corrective actions adding elements that can restore balance to the body.

PMSX

For quick pain relief!

Put the anxieties and trepidation of monthly cramps to rest! Enerex PMSX brings you relief from the discomfort and debilitation of painful periods. This unique product blends traditional herbal remedies with a patented ingredient that works with your body to help restore a sense of balance and comfort. This combination is especially effective to bring pain relief, quickly.

As the hormone levels change, women experience different symptoms, some more severely than others, with cramps being one of the most uncomfortable. By better balancing these specific hormones, this in turn helps to counteract the production of painful cramps, and aid the body to relax, lessen irritability, balance moods, and get the relief you need.

- > **Perlucan® (Hops):** Research shows that Hops works with the body's pathways responsible for inflammation, affecting "markers" associated with pain including prostaglandin E2, COX--2, and interleukin-1. Hops extract is also an antioxidant, meaning it fights free radicals that cause premature aging. Enerex uses the patented Perlucan™ for its Hops Extract that contains 30% humulone and strobiles, its active ingredients.
- > **Black Haw (*Viburnum prunifolium*):** The Black Haw shrub's bark has been used to treat feminine reproductive issues for over a century. Natural chemicals including Coumarins, Salicin and I-Methyl-2 are thought to be the reason that it is effective as an anti-spasmodic, tension-reducing sedative, uterus relaxant, and diuretic.
- > **Chaste Berry (*Vitex agnus-castus*):** 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.
- > **Turmeric:** 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.
- > **Vitamin B1 (Thiamine), Vitamin B6 (Pyridoxine HCl):** 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.) B1, thiamine, helps to convert glucose to energy, and can affect energy levels and mood during PMS. B6, pyridoxine, aids in regulating irregular blood flow; and it may also reduce fluid retention, irritability, breast pain, and sugar cravings.

*FOR INFORMATION ABOUT THE ENEREX SUPPLEMENT PROGRAM (ESP) PLEASE VISIT OUR WEBSITE.

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