

PMS Support [restores cyclical balance]

Relieves common symptoms of pre-menstrual syndrome, including:

- o Cramps
- o Emotional fluctuations
- o Fluid retention
- o Irregular menstruation

Active Ingredients: Apis mel 200C, Chamomilla 12X, Cimicifuga 6X, Cuprum met 12X, Ignatia 6X, Kali iod 200C, Mag phos 9X, Oophorinum 30C, Platinum met 12X, Sepia 9X, Thuja occ 200C. Inactive Ingredients: Glycerin 10% v/v, Organic Alcohol 9% v/v, Purified Water. NDC # 61096-0031-1

The therapeutic benefits of the ingredients described below are from clinical evidence reported in the major homeopathic materia medicas accepted throughout the world.

#### PRODUCT BENEFITS - SYMPTOMS RELIEVED

- o Cramps  
Cimicifuga (Blacksnake Root, Black Cohosh) - relieves uterine cramps  
Mag phos (Magnesium Phosphate Dibasic) - provides natural pain relief; relieves lower abdominal cramps  
Cuprum met (Copper) - relieves cramps  
Chamomilla (Chamomile) - eases strong menstrual cramps and lessens nipple tenderness  
Oophorinum - relieves ovarian pain and helps prevent ovarian cyst formation
- o Emotional fluctuations  
Ignatia (St. Ignatius' bean) - eases stress, nervousness, irritability and sadness  
Cuprum met (Copper) - helps to calm fears  
Platinum met (Platinum) - calms anxiety  
Chamomilla (Chamomile) - promotes calmness; eases restlessness
- o Fluid retention  
Apis mel (Honey Bee) - reduces the accumulation of fluid in the tissues  
Sepia (Cuttlefish) - reduces bloated stomach
- o Irregular menstruation  
Cimicifuga (Blacksnake Root, Black Cohosh) - helps regulate the menstrual cycle  
Ignatia (St. Ignatius' bean) - normalize early or light menstruation  
Mag Phos (Magnesium Phosphate) - helps prevent irregular menstrual cycle  
Thuja occ (Tree of Life) - treatment to restore menstrual cycle regularity  
Kali iod (Potassium Iodine) - normalizes late menstrual cycle; normalizes heavy

menstrual cycle