

PREMENSTRUAL TENSION PROTOCOL

A SUGGESTED NUTRITIONAL PROTOCOL TO SUPPORT PMS†

P.M.T. Support Formula™:

This product is a synergistic and comprehensive combination of vitamins, minerals, herbals, and other nutrients carefully formulated to offer additional support of the body's response to the stresses imposed by menstruation.†

Product Code: 4548 **Suggested Usage:** Two tablets, twice daily

A-Retic™:

Contains a blend of several herbs including uva ursi, buchu leaves, bear berry and juniper berries to help support normal water retention in the body.†

Product Code: 7077 **Suggested Usage:** Adults take one to two tablets every 4 hours or before meals and at bedtime, followed by 1 to 2 glasses of water, or as directed by physician.

Relora®-Plex:

A unique, patent-pending mixture of two herbal extracts, specifically designed to support normal mental functioning during stress and anxiety.†

Product Code: 98739 **Suggested Usage:** Two vegetarian capsules daily

Mag-Tea G:

Magnesium citrate and a combination of green and white tea extracts in a pleasant-tasting natural lemon juice flavored powder.

Product Code: 57126 **Suggested Usage:** One teaspoon daily

Prim Royal:

Prim Royal supplies Evening Primrose oil, a rich source of fatty acids including gamma linoleic acid (GLA), helpful during times of menstrual tension.†

Product Code: 99855 **Suggested Usage:** One Caplique™ daily

B-6 (100 mg):

Vitamin B-6 is helpful for those suffering from tension surrounding menstruation.†

Product Code: 7943 **Suggested Usage:** One tablet daily

Ultra Indinol Plus:

Indole-3-carbinol is a member of the class of sulfur-containing chemicals called glucosinolates. Indole-3-carbinol acts as an antioxidant, can stimulate natural detoxification enzymes, and supports normal hormone metabolism.†

Product Code: 98762 **Suggested Usage:** One vegetarian capsule daily



† These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.