

PMS Support[‡] With BioResponse DIM®

DESCRIPTION

This product is a combination of specific nutrients, including BioResponse DIM®, Chaste Berry extract, magnesium and B vitamins, specially formulated for support of normal premenstrual symptoms in healthy women. †

INDICATIONS

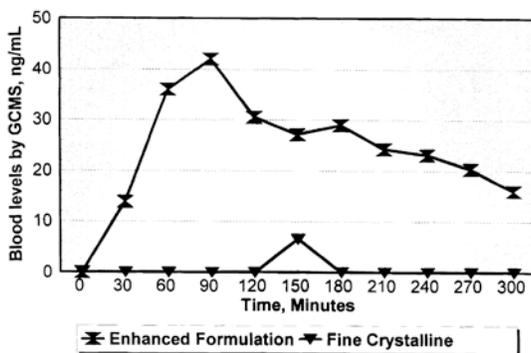
- Women who desire healthy hormone levels and support of normal PMS symptoms. †

FUNCTIONS

Diindolylmethane (DIM) is one molecule known for the supportive role it plays in stimulating natural detoxification enzymes and supporting normal estrogen metabolism. As a natural component derived from indole-3-carbinole and cruciferous vegetables, DIM has shown in studies to support the 2-hydroxylation instead of 16-hydroxylation of certain estrogen metabolites. Research shows premenstrual symptoms are associated with high estrogen and low progesterone levels in the luteal phase. DIM works in conjunction with

DIM Absorption in Humans

1 mg/Kg, Average of Three Patients



chaste berry extract to balance estrogen ratios. BioResponse DIM® is the only diindolylmethane with proven absorption and activity demonstrated in independently performed clinical studies. BioResponse DIM® contains pure DIM, microencapsulated in particles complexed with a vitamin E derivative and phospholipids to aid absorption from our intestinal tract. †

Chaste berry extract, or *Vitex agnus-castus*, is a plant extract with active constituents from the fruit of the Chaste tree. Premenstrual symptoms (PMS) may be due to high physiologic prolactin levels due to stress or deep sleep phases. A randomized controlled trial showed that *Vitex agnus-castus* supports the release of prolactin. †

Vitamin D3 is a fat-soluble vitamin that plays a role in numerous health functions, as well as aids in intestinal magnesium absorption. Vitamin D supports cyclic fluctuations during the menstrual cycle that may help explain some features of PMS. Magnesium levels have been noted to fluctuate across the menstrual cycle and are involved in many cellular pathways and neuromuscular activities which effect PMS. Magnesium may support cramping and bloating. Several clinical trials showed that B vitamins, especially vitamin B-6, support symptoms of PMS, especially mood and behavioral symptoms. Folate, supplied as the bioavailable methylfolate in PMS Support, is recommended while taking oral contraceptives due to folate interactions. Iron supplementation is helpful in menstruating women to support the maintenance of healthy iron stores. Ferronyl® is a carbonyl form of iron that is bioavailable and well tolerated. †

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FORMULA (#202365-60X)

Serving Size 2 Vegetarian Capsules

Vitamin D-3	1,000 IU
Thiamine (as Thiamine HCl)	25 mg
Riboflavin (as Riboflavin-5-phosphate).....	.25 mg
Vitamin B-6 (as Pyridoxal-5-phosphate)	25 mg
Folate (as L-methylfolate, Metafolin®)	400 mcg
Iron (as Ferronyl®).....	18 mg
Magnesium	200 mg
(as Magnesium amino acid chelate)	
BioResponse DIM®	
diindolylmethane complex	100 mg
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica), (standardized to contain 25% diindolylmethane)	
Chaste Berry Extract	100 mg
(Vitis agnus-castus, fruit) (standardized to 0.5% Agnuside and 0.4% Aucubin)	
Other Ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, and silica.	

Non-GMO, Gluten Free

SUGGESTED USE

Adults take 2 capsules daily with a meal or as directed by your health care professional.

WARNING: Avoid this product if pregnant or lactating. Chaste Berry extract may interfere with oral contraceptives or oral hormone replacement therapy due to potential hormone modulating activity. If taking dopamine agonists, please consult a physician prior to use.

SIDE EFFECTS

Harmless changes in urine color may occur if less than recommended daily water intake is consumed.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on PMS Support[‡], visit douglaslabs.com

‡ These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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