



Formula 4

PREMENSTRUAL BLEND

Blended herbs and minerals to support ovulation and cultivate a healthy mind and body throughout the menstrual cycle.

AT A GLANCE

Menstrual discomfort, heaviness, mood changes, irritability, skin changes and even insomnia can all be related to inflammatory changes and hormone imbalance experienced during the luteal phase of the menstrual cycle. In a women's health survey, they found that over 90% of women report some degree of premenstrual symptoms (PMS), such as bloating, headaches and moodiness during their cycle, with around 20% of women experiencing symptoms severe enough that it impaired their ability to perform daily tasks or jobs. [1]

Although there is no conclusive cause yet identified of PMS, there are theories, including the response the brain has to fluctuating levels of estrogen and progesterone, a lack of either estrogen or progesterone, and inflammation influencing neurotransmitter production and uterine response to hormones. Dietary factors, including smoking, alcohol, and diets high in fat, refined sugar and salt, and lower in protein have also been associated with increased severity of PMS. [2]

When looking at hormonal patterns, there are some key features that appear consistent in PMS cases – including poor estrogen detox (with or without high estrogen), low or low-optimal progesterone, and higher 5a-reductase activity (a marker of inflammation). When these features are identified, our unique PMS-focused, anti-inflammatory and hormone balancing formulation is encouraged.

Meet Harmonize

Blended with female hormone balance in mind, these products work to harmonize and support healthy hormone levels.



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KEY BENEFITS



Reduces inflammation that can exacerbate dysmenorrhea and menstrual irregularities



Helps regulate mood throughout the menstrual cycle



Supports hormonal balance

FORMULA ANALYSIS

Vitex Agnus-castus

Vitex, also known as Chaste Tree Berry, has been used for centuries to support female hormonal health. Its primary mechanism of action is on promoting the production of luteinizing hormone (LH), in turn supporting a healthy menstrual cycle[3]. Additional research demonstrates that women who took Vitex for at least 3 months reported a 93% improvement in PMS symptoms[4] making it a lead herb in our PMS-targeted formulation.

Angelica sinensis

Angelica sinensis, also known as Dong Quai, has been used for centuries in Chinese medicine for supporting female reproductive concerns. Angelica contains various bioactive compounds, including ferulic acid, ligustilide, and various polysaccharides that exhibit antioxidant, anti-inflammatory, analgesic, and hormone-regulating effects, helping to alleviate PMS symptoms[5]. Ferulic acid, a major constituent of Angelica sinensis, acts as a potent antioxidant, reducing oxidative stress and inflammation associated with PMS. Ligustilide, another key compound, exhibits vasodilatory effects, improving blood circulation and relieving menstrual pain. Additionally, Angelica sinensis modulates hormonal balance by interacting with estrogen receptors, enhancing estrogen activity when levels are low and inhibiting it when levels are excessive[6]

Boswellia serrata

Boswellia serrata (or Frankincense), contains a complex mixture of bioactive compounds, including boswellic acids, essential oils, and polyphenols that work to reduce inflammation and modulate hormone pathways, improving symptoms associated with PMS[7]. Boswellic acids inhibit the production of pro-inflammatory mediators, such as leukotrienes, thereby reducing inflammation and pain associated with PMS. Additionally, Boswellia serrata may modulate hormonal pathways involved in PMS, improving hormone signaling and uterine response to progesterone[8].

Alchemilla vulgaris

Alchemilla vulgaris, or Lady's Mantle, has traditionally been used to alleviate menstrual discomfort, excessive menstrual bleeding, and other menstrual irregularities. The medicinal properties of Achemilla are attributed to its complex phytochemical composition. The herb contains tannins, flavonoids (such as quercetin and kaempferol), triterpenes, salicylates, and essential oils. These bioactive compounds are believed to contribute to its anti-inflammatory, analgesic, and hormone-balancing effect found with use of this herb [9]

Pyridoxine-5-Phosphate (P5P)

Pyridoxal-5-phosphate: P5P, the active form of vitamin B6 (pyridoxine) relieves premenstrual symptoms by improving production of progesterone (through its involvement in progesterone hormone synthesis), improves GABA production in the brain, lowers prolactin, promotes anti-inflammatory cells to help lower inflammation, assists in estrogen metabolism (via COMT) and reduces histamine, a common culprit exacerbating symptoms of PMS [10][11][12]

Calcium citrate and Magnesium glycinate

Calcium and magnesium have been shown, both independently and together, to reduce the symptoms and severity of PMS. In a doubleblind randomized controlled trial, those participants who were given calcium daily for 2 cycles demonstrated improvement in depression, anxiety, emotional lability, water retention and sleep disorders related to their cycle.[13] Magnesium further enhances the benefits of this formula by supporting mood, improving GABA response and relaxation and reducing the severity of pelvic cramping [14]

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving	% Daily Value	
Calcium (as calcium citrate tetrahydrate)	52.7 mg	4%
Vitamin C (as ascorbic acid)	150 mg	167%
Magnesium (as 50% magnesium glycinate and 50% magnesium malate)	21.9 mg	5%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg	67%
Vitamin B6 (as pyridoxal 5-phosphate)	10 mg	588%
Zinc (as zinc picolinate)	1.4 mg	13%
Copper (as copper citrate)	0.05 mg	6%
Lady's Mantle (<i>Alchemilla vulgaris</i>) (aerial parts) powder	200 mg	†
Indian frankincense (<i>Boswellia serrata</i>) extract	150 mg	†
Chastetree (<i>Vitex agnus-castus</i>) (fruit) extract	100 mg	†
Dong-Quai (<i>Angelica sinensis</i>)(root) 4:1	100 mg	†
Dandelion (<i>Taraxacum officinale</i>) (root) extract 4:1	50 mg	†
L-theanine (Suntheanine®)	50 mg	†
Wild Yam (<i>Dioscorea villosa</i>) (root) extract 10:1	50 mg	†
Cinnamon (<i>Cinnamomum zeylanicum</i>) (bark) powder	25 mg	†
Licorice (<i>Glycyrrhiza glabra</i>) (NLT 26% Glycyrrhizine, 6% Glycyrrhizinated) (root) extract 20:1	9.6 mg	†

† Daily Value not established

Other ingredients: Vegetable capsule (hypromellose), magnesium stearate and silicon dioxide.

SUGGESTED USE

Take 2 capsules 2 times a day with a meal or as directed by your healthcare practitioner.

CAUTION: Do not use if pregnant or nursing. Consult your physician before use if you have a medical condition, or taking any medication. Do not use product if the safety seal is broken or damaged. Keep out of reach of children.

MADE WITHOUT

Corn, soy, or wheat

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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