

CLINICAL PROTOCOLS

PREMENSTRUAL TENSION

A Suggested Nutritional Protocol for Premenstrual Support

Phyto Balance (Pure Encapsulations)

Naturally promotes estrogen-like activity and provides optimum support during periods and hormonal changes.

Suggested usage: *Two to four capsules per day, in divided doses, between meals.*

Ultra Indinol Plus

Supplies significant amounts of indole-3-carbinol (I3C) and diindolymethane (DIM) in a proprietary blend of cruciferous vegetables. This product helps induce healthy hormonal metabolism, support detoxification of steroid hormones and assist those with estrogen related conditions. This product requires refrigeration to maintain culture viability.

Suggested usage: *One capsule daily.*

OR

DIM

DIM is a synergistic combination of plant based ingredients including DIM, curcumin, green tea and wasabia designed to support healthy hormone balance.

Suggested usage: Two capsules daily.

Nutri-E 400™

A vitamin E formula containing 400IU with mixed tocopherols to help alleviate breast tenderness.

Suggested usage: *One to two capsules daily with meals.*

OR

Krill Plex (Pure Encapsulations)

Research indicates that omega-3 fatty acids may provide menstruation-related emotional and physical support by helping to mediate healthy hormone, prostaglandin, and neurotransmitter function. A double blind, randomized clinical trial investigated the effects of women supplementing with krill oil at the beginning of their menstrual cycles. Reports suggest that krill oil provided statistically significant support for physical and emotional well being and was well tolerated. Researchers also indicated that krill oil may be supportive of mental alertness, learning capacity, and daily endurance.

Suggested Usage *2 softgels per day with breakfast for one month and one softgel thereafter or as directed by a health care professional.*

Cal-6+Mg™

A unique calcium formula containing 6 different sources of calcium, along with magnesium and other bone supportive nutrients, which are especially important during a menstrual cycle.

Suggested usage: *One to three tablets daily.*

