

PMS Soothe™

Menstrual Cycle Support*



Available in 60 capsules

Discussion

This tradition-based, multi-herb formula combines “female herbs” and traditional tonics that have been chosen based on clinical observation of their complementary and compounding effects.

Chaste Berry Extract (*Vitex angus-castus*) has been used for centuries to support women with hormone-related gynecologic complaints. Modern research has validated this traditional use by showing that various preparations of chaste berry demonstrate positive effects in women with premenstrual syndrome (PMS).^{1,2} The German Commission E approves the use of chaste berry to support menstrual cycle regularity, breast tenderness, and PMS, and family physicians and gynecologists in Germany widely recommend it.³ Iridoids and flavonoids are thought to exert benefits through indirect effects on various hormones, including prolactin and progesterone.^{*3,4}

Parsley (*Petroselinum crispum*) promotes fluid balance. Its effect appears to be mediated through an inhibition of the sodium–potassium pump. As an aquaretic, parsley is ascribed the benefit of increasing urine volume while supporting retention of electrolytes. Parsley is also considered to have cleansing and detoxifying properties.^{*5,6}

Dandelion (*Taraxacum officinale*) has been commonly used for its ability to help maintain healthy fluid balance and for its cleansing effects. In vitro research suggests that the active constituents in dandelion—which include luteolin, quercetin, and inulin—suppress cyclooxygenase-2 (COX-2), induce nitric oxide synthase (iNOS), increase antioxidant activity, upregulate phase II detoxification, and support bifidobacteria growth.^{*7,8}

Dong Quai Extract (*Angelica sinensis*) has its origins in China, Japan, and Korea, where it has been traditionally used to balance the female cycle and address common symptoms of PMS. Research suggests that dong quai affects the contractive rhythm of the uterus. Many functional medicine practitioners believe dong quai works best in combination with other herbs to support menstrual regularity.^{*9}

Clinical Applications

- » Offers Natural Support for Women With Common Premenstrual Complaints*
- » Provides Herbs That Have a Long History of Use in Women’s Reproductive Health*

*PMS Soothe™ is a comprehensive blend of Native American and Chinese herbs traditionally used to provide balance and support for a healthy menstrual cycle.**

Licorice Extract (*Glycyrrhiza glabra*) functions as a weak phytoestrogen and has traditionally been used to help regulate menstruation and relieve commonly experienced menstruation-related muscle cramping. In vitro research also suggests that licorice has a positive influence on inflammatory pathways.^{*10,11}

Peony (*Paeonia lactiflora*), also known as bai shao yao, is a Chinese herb used to help regulate menses and decrease minor pain. In traditional Chinese medicine (TCM), peony and licorice are used together and are thought to have great synergism relating to their effects on neuromuscular junctions.^{*12}

Tangerine (*Citrus reticulata*) is a traditional Chinese herb also known as pericarpium or chen pi. It is derived from aged tangerine peel and is traditionally used to help relieve the common premenstrual complaint of breast tenderness. TCM practitioners also use chen pi to help prevent stagnation, relieve minor abdominal fullness, and address minor pain.^{*13}

Ginger Root (*Zingiber officinale*) has been studied for its effects on inflammatory mediator biosynthesis. In fact, in vitro work suggests that components of ginger may beneficially modulate the expression of inflammatory genes. It is thought that common symptoms of PMS may be caused, in part, by inflammatory mediators. Ginger is also thought to be good for circulation, nausea, and gas. In this formula, ginger is included for its “warming” effect, which balances the “cooling” effects of other herbs.^{*14}

Red Raspberry (*Rubus idaeus*) has been used by women for centuries to support and balance the reproductive system and to relax the uterus. In traditional herbalism, red raspberry has been connected to female health and is used as a remedy to support normal menstrual flow.^{*15,16}

Bupleurum (*Bupleurum falcatum*), also known as chai hu, is a traditional “female cycle balancer” with uterine-calming

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*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.

PMS Soothe™ Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	%Daily Value
Chaste Tree Extract (<i>Vitex agnus-castus</i>)(berry)(0.6% aucubin and 0.5% agnuside)	225 mg	**
Bupleurum (<i>Bupleurum chinense</i>)(root)	100 mg	**
Tangerine (<i>Citrus reticulata</i>)(peel)	100 mg	**
Dandelion 4:1 Extract (<i>Taraxacum officinale</i>)(root)	100 mg	**
Dong Quai 2-4:1 Extract (<i>Angelica sinensis</i>)(root)	100 mg	**
Chinese Peony (<i>Paeonia lactiflora</i>)(root)	100 mg	**
Ginger 10:1 Extract (<i>Zingiber officinale</i>)(root)	60 mg	**
Parsley (<i>Petroselinum crispum</i>)(leaves)	50 mg	**
Red Raspberry (<i>Rubus idaeus</i>)(leaves)	50 mg	**
Licorice Extract (<i>Glycyrrhiza glabra</i>)(root)(25% glycyrrhizin)	25 mg	**

** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), hydroxypropyl cellulose, magnesium stearate, and silica.**DIRECTIONS:** Take two capsules daily, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach of children.**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

activity. Chinese medicine practitioners use chai hu to unblock liver qi stagnation, which manifests as menstrual cramping, emotional changes, and breast tenderness. An animal study suggests that chai hu supports a healthy mood through central adrenergic mechanisms.¹⁷ It has also been shown to regulate the neuroendocrine system by increasing beta-endorphin and decreasing epinephrine and dopamine, which probably accounts for its relaxing properties.*¹⁸

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