

4 PMS™



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Clinical Applications

- Menstrual Cycle-Related Symptom Management (including: Fatigue, Irritability, Mood Swings, Cramping, Breast Tenderness, Fluid Retention, Bloating, Weight Gain, Food Cravings, Poor Memory)
- The Female Glandular System
- A Healthy Menstrual Cycle

Premenstrual Syndrome (PMS) is a well-organized syndrome that affects women both physically and emotionally during the luteal phase of the menstrual cycle. The symptoms usually resolve in the first day or two of the menstrual flow only to return again following ovulation.

4 PMS™ is a unique formula developed to help relieve symptoms during the luteal phase of the menstrual cycle. It is a comprehensive blend of both Native American and Chinese herbs that provides a balanced and supportive approach spanning the gamut of PMS-associated symptoms.

All aaahh ChiroSpa® Formulas Meet or Exceed cGMP quality Standards

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Discussion

Vitex (Chasteberry) is a popular herb approved by the German Commission E for PMS and mastalgia. Vitex is known to be dopaminergic and to inhibit prolactin secretion. Researchers have demonstrated Vitex reduces the depressive symptoms of Premenstrual Dysphoric Disorder (PMDD) to the same extent as fluoxetine, lengthens short luteal phases, and supports luteal progesterone synthesis. The outcome of one study was a significant reduction in breast tenderness, headache, constipation, edema, and tension.

Parsley has documented diuretic effects through inhibition of the Na+K pump. It is considered to have cleansing and detoxifying properties.

Dandelion Root (Taraxacum officinale) is used for its mild diuretic and cleansing effects. Dandelion has documented ability to increase phase 2 detoxification and can stimulate growth of bifidobacteria in the gut.

Dong Quai (Angelica sinensis) has been used traditionally to alleviate symptoms of PMS, menorrhagia, dysmenorrhea, headache, and neuralgia. It is a blood tonic, promotes circulation, and can relieve pelvic congestion.

Licorice (Glycyrrhiza glabra) functions as a weak phytoestrogen and has long been used to regulate menstruation and relieve menstrual cramps. Glycyrrhizin, its main constituent, has been shown to stimulate the adrenal cortex and reduce alanine transaminase and aspartate transaminase values in the serum.

Paeonia lactiflorae (bai shao yao) is a traditional Chinese herb used to help regulate menses and decrease pain. Peony can stimulate the uterine muscles; yet at the same time reduces muscle tension. Paeonia's analgesic and anti-spasmodic qualities are magnified when combined with licorice.

Chen Pi (Pericarpium), a traditional Chinese herb from aged tangerine peel helps relieve symptoms of breast tenderness and prevents stagnation. It is also helpful in relieving abdominal pain.

Ginger (Zingiber officinale) helps relieve pain and reduce inflammation associated with muscle spasm. It is thought to be good for the circulation and counters nausea and gas. Ginger is included for its "warming" effect that balances the "cooling" effects of other herbs in 4 PMS™.

Red Raspberry (Rubus idaeus) has been used by women for centuries to support and balance the reproductive system, It aides in uterine toning and facilitates efficient menstruation.

Bupleurum (Chai hu) is a traditional "female cycle balancer" that has uterine anti-spasmodic activity. It can relieve tension, congestion, and bleeding associated with menstrual irregularity. Bupleurum is an adaptogen that has analgesic and inflammatory actions. It is detoxifying and hepato-protective, having the ability to decrease SGOT and SPGT. Bupleurum has been shown to regulate the neuro-endocrine system by increasing beta-endorphine, and decreasing epinephrine and dopamine which probably accounts for its mildly sedative properties.

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Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Vitex Extract (at 0.5 Agnusides)	225 mg	**
Bupleurum (Chai Hu)	100 mg	**
Chen Pi	100 mg	**
Dandelion Root 5:1 Extract	100 mg	**
Dong Quai 6:1 Extract	100 mg	**
Paeonia (Bai Shao Yao)	100 mg	**
Ginger 10:1 Extract	60 mg	**
Parsley	50 mg	**
Red Raspberry	50 mg	**
Licorice Root Extract (at 12% Glycyrrhizin)	25 mg	**

** Daily Value not established.

Other Ingredients: None

Dosing:

Take one capsule twice daily or as directed by your healthcare practitioner.

References

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Additional references available upon request.

Cautions

Dong quai and dandelion have been shown to positively modulate activities of Phase 2 drug metabolic enzymes. Vitex should be avoided in breast-feeding and pregnancy. Vitex is a dopaminergic and may weaken the effect of dopamine receptor agonists. Dandelion is contraindicated in closure of the biliary ducts, ileus, and gallbladder empyema. Licorice should be avoided in severe renal insufficiency, hypokalemia, cirrhosis, cholestatic diseases, and pregnancy, and may prolong the half-life cortisol. Ginger should be used with caution in gallstones and morning sickness. Therapeutic dosages of parsley are contraindicated in pregnancy.

*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.

