



GENESTRA
BRANDS®

Femagen PMS Tablets

Vitamin-Mineral Supplement

Multivitamin, mineral, glandular and herbal combination for PMS

- Provides chastetree, which is used in Herbal Medicine to help relieve premenstrual symptoms
- Helps to maintain proper muscle function and red blood cell formation
- Includes ovary, adrenal and brain glandular extracts
- Improved
 - Now offers activated forms of vitamins, including pyridoxal 5'-phosphate, Metafolin® calcium L-5-methyltetrahydrofolate and methylcobalamin

Femagen PMS Tablets were specifically formulated with nutrients, glandular extracts and botanicals such as chasteberry, which is used in Herbal Medicine to help relieve premenstrual symptoms. Approximately 30-80% of women experience mild to moderate symptoms of premenstrual syndrome (PMS) each month.¹ These symptoms may result from imbalances in hormones or decreased levels of vitamins and minerals.¹ Preclinical evidence suggests that chasteberry supports hormonal balance through dopamine-mediated modulation of prolactin secretion.^{1,2} Supplementation with chastetree extract for three months has been shown to significantly alleviate premenstrual symptoms, including irritability, mood, headache, breast fullness, fatigue, and general aches and pains.^{3,4} In addition to hormonal fluctuations, vitamin and mineral concentrations can vary during the menstrual cycle.⁵ Low magnesium levels have been observed in those with PMS, and are often associated with muscle cramping, irritability and fatigue.⁵ Femagen PMS Tablets offer magnesium as bioavailable magnesium citrate, along with activated forms of B vitamins to support energy metabolism.⁵ Iron, a necessary component of hemoglobin in red blood cells, is also lost during menstrual bleeding.^{6,7} Femagen PMS Tablets include iron to help prevent iron deficiency anemia and associated tiredness and fatigue, which is provided alongside ovary, adrenal and brain glandular extracts.

REFERENCES

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EACH TABLET CONTAINS:

Beta-carotene	1200 mcg
Vitamin E (d-alpha tocopheryl acid succinate)	34 mg AT / 50 IU
Thiamine (thiamine mononitrate)	10 mg
Riboflavin	10 mg
Niacin (nicotinic acid)	15 mg
Vitamin B ₆ (pyridoxal 5'-phosphate)	50 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®)	150 mcg
Vitamin B ₁₂ (methylcobalamin)	25 mcg
Pantothenic Acid (calcium d-pantothenate)	10 mg
Choline (choline bitartrate)	15 mg
Calcium (calcium citrate)	50 mg
Iron (ferrous bisglycinate)	10 mg
Magnesium (magnesium citrate)	100 mg
Zinc (zinc citrate)	5 mg
Ox Ovary (<i>Bos taurus</i>)	50 mg
Ox Adrenal (<i>Bos taurus</i>)	25 mg
Pig Brain (<i>Sus scrofa</i>)	25 mg
Chastetree Fruit Extract (<i>Vitex agnus-castus</i>) (7-10:1)	50 mg 350-500 mg Dried Equivalent
Dandelion Leaf	10 mg

Non-Medicinal Ingredients: Cellulose, hyprolose, crosscarmellose sodium, silica, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adult Women: Take 1 tablet 2 times daily with meals, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner. Use for a minimum of 3 months to see beneficial effects.

Product Size: 90 Tablets

Product Code: 10514

NPN 80082517



Non
GMO



Gluten
Free



Dairy
Free

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Femagen PMS Tablets

Vitamin-Mineral Supplement

Scientific Rationale:

Premenstrual syndrome (PMS) is characterized by physical and behavioural symptoms typically occurring in the luteal phase of the female cycle and disappearing with the onset of menstrual bleeding.¹ These symptoms, which often include abdominal pain, irritability, headache, increased appetite, breast tenderness and insomnia, affect more than 75% of women during their reproductive years.¹ An estimated 30-80% of women experience mild to moderate symptoms, while 5-8% experience severe complaints that can negatively impact daily activities.^{1,2}

PMS may be caused by a variety of factors, including hormonal imbalances, vitamin or mineral deficiencies, impaired prostaglandin metabolism, and low neurotransmitter levels.¹ Specifically, elevated levels of estrogen or prolactin, and a decreased ratio of progesterone to estrogen have been associated with PMS.¹ Low levels of vitamin B₆, magnesium and calcium have also been implicated in the development of PMS.¹

A growing body of human clinical research supports the efficacy of chastetree for PMS.³ Chastetree is used in Herbal Medicine to help normalise hormones, stabilise menstrual cycle irregularities and relieve commonly occurring premenstrual symptoms. Preclinical evidence suggests that chasteberry primarily works through dopamine-mediated modulation of prolactin secretion.¹

Numerous clinical trials have reported that daily supplementation with chastetree extracts for the duration of three menstrual cycles significantly reduces premenstrual symptoms.⁴⁻⁷ In one randomized, double-blind, placebo-controlled trial, supplementation with 4.0 mg of dried chastetree extract per day significantly reduced a variety of symptoms, including general aches and pain, headaches, lower backache, mood, fatigue, and abdominal bloating when compared to the placebo.⁴ Similarly, a randomized, double-blind, placebo-controlled trial reported

that chastetree supplementation significantly decreased PMS symptom severity scores, including the total Premenstrual Tension Syndrome Self-Rating Scale (PMTS) and Premenstrual Syndrome Diary (PMSD) self-assessment scales during the third menstrual cycle.⁵ Furthermore, daily supplementation with chastetree extract was found to significantly reduce prolactin levels in a randomized trial involving women with hyperprolactinemia.⁷

The level of micronutrients can also vary during the menstrual cycle.² Estrogen affects magnesium and calcium metabolism, and research has observed an association between individuals with PMS and low levels of these minerals.^{2,8} Magnesium participates in various cellular activities including bone formation, proper muscle function, energy metabolism and normal electrolyte balance, and its deficiency has been associated with PMS symptoms such as irritability and muscle aches.² Iron is a necessary component of hemoglobin, and is important for the normal production and activity of red blood cells.⁸ As iron is lost during menstrual bleeding, women require more iron than men.⁹ Additionally, intake levels of B vitamins may be associated with the development of PMS symptoms.¹⁰ B vitamins are essential in the metabolism of energy and nutrients, and adequate intake levels are needed for the metabolism of neurotransmitter precursors, including the serotonin precursor tryptophan.¹⁰

In addition to providing botanicals such as chasteberry, Femagen PMS Tablets include a combination of more than 10 vitamins and minerals to help maintain good health. B vitamins are provided in their active forms, such as pyridoxal 5'-phosphate, methylcobalamin and Metafolin® calcium L-5-methyltetrahydrofolate. Also included in this blend are iron, calcium and magnesium, which is offered in the bioavailable magnesium citrate form.² Furthermore, this formula offers a variety of glandular extracts, including ovary, adrenal and brain.

REFERENCES

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