

premenstrual period

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The premenstrual period and its annoyances

In one third of women, the premenstrual period, which starts 1 to 2 weeks before the onset of the menses, is accompanied by a series of annoying changes that can be so severe as to become highly disruptive, namely.

pre-ms®

■ Composition

pre-ms® combines two plant extracts that help maintain the female balance during the premenstrual period, namely :

► Evening primrose oil :

Onothena is called the 'evening primrose' because its yellow flowers open at night and close in the morning. The oil that is extracted from its seeds contains gamma linolenic acid (GLA). This is an omega-6 fatty acid that is normally produced in the body from dietary essential fatty acids. It appears that these fatty acids are not transformed into GLA properly in women with difficult premenstrual periods. This may explain some of the characteristic premenstrual signs.

► Lavender essential oil :

The essential oil that is obtained by distilling lavender flowers is a recognised sedative, especially in cases of sleep disorders and nervous states that are linked to stress or accompanied by digestive problems. Lavender essential oil acts on the characteristic unpleasant sensations of the premenstrual period, mood swings, stress, nervousness and irritability.

■ Ingredients

Evening primrose oil (9% GLA)	750 mg
Lavender essential oil	2.5 mg
Vitamin E	10 mg

■ Presentation

84 capsules in blister packs, for a 3-month course.

■ Recommendations concerning utilisation

► Take one capsule of morning and evening, preferably at the end of the meal, from the 15th through the 28th day of the menstrual cycle, that is, for a total of 14 days.

► The 15th day of the cycle is 14 days after the onset of the menses. To keep track more easily, use the calendars printed on the box or on the facing page to mark the first day of your period and the first day that you take **pre-ms®**.

► The package is designed for three cycles. It contains s i x blister packs of 14 capsules each. Use two blister packs for each cycle. Use the capsules corresponding to the days of the week that are printed on the blister packs to avoid forgetting a dose. Always use up both blister packs during each cycle.

► If you forget to take a capsule, take two capsules the next time.

► It generally takes two to three months to achieve optimal results. Courses of **pre-ms®** may be repeated as often as necessary, and without any limitations over time.



■ Irregular cycles

pre-ms® regularises menstrual cycles after a few months' use.

■ Adverse effects

Although it is almost devoid of toxicity when taken at the usual dosage levels, evening primrose oil can cause some rare reactions of mild nausea, upset stomach, stomachache, headache and mild diarrhoea.

■ Interaction with certain medications

► **Anticoagulants and platelet inhibitors :** evening primrose oil may have an anticoagulant action. It should thus be used with caution in people who are treated with such medication.

