

## Premenstrual Syndrome and Menstrual Concerns

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**Cause:** May be due to imbalance of hormones during second half of menstrual cycle or low levels of the brain chemical, serotonin.

**What May Help: Watkins Female Formula**

**Why:** Contains chasteberry, the leading PMS remedy in Europe because it helps to balance hormone levels, and vitamin B-6 which assists in balancing hormones. Also contains magnesium which PMS sufferers are often low in. Magnesium helps to relax muscles which may help to relieve cramping associated with dysmenorrhea.



**What May Help: Watkins Osteogen**

**Why:** Contains calcium, shown to help relieve symptoms of PMS. Researchers believe low calcium levels may contribute to hormonal imbalance.

**What May Help: Watkins Mood Plus (Balance Plus)**

**Why:** Boosts levels of serotonin. Low levels are associated with PMS.

**What May Help: Watkins Superfood Multiple (Super Multi)**

**Why:** Contains B vitamins and magnesium which help to balance hormones and relax muscles which may help to relieve cramping.

**What May Help: Watkins SoyNilla® (US only)**

**Why:** Soy isoflavones help to balance hormone levels, helping to relieve symptoms.

### **Testimonial—**

*These are personal testimonials. Individual results may vary. Consult your physician before taking any dietary supplements.*

“My symptoms of PMS have become much more manageable after taking **Watkins Female Formula.**”

— **Teresa Carosella, British Columbia**