



Premenstrual Formula



Help alleviate the symptoms associated with PMS! Cramps, aches, pains, moodiness and depression are all symptoms associated with PMS. Arbonne's Premenstrual Formula is a unique formula designed to help with these ailments. This product contains the active ingredient standardized chaste tree berry extract, the most popular herbal remedy in Germany prescribed to help with PMS. By using standardized herbs we can ensure the same amount of active component in each tablet. This exclusive formula is a combination of chaste tree berry and Arbonne's proprietary herbal blend of black cohosh, dong quai and evening primrose oil. This blend of herbs, used for years to help with the symptoms of PMS, is unique to Arbonne and has been added to support the function of the active ingredient.

Recommended For: Alleviating the symptoms associated with PMS.

When to Use: With morning and evening meals.

Usage: Take 2 tablets daily, with meals.

PMS is estimated to affect between thirty and forty percent of menstruating women, with peak occurrences among women in their thirties and forties.

Nutrient

Standardized Chaste Tree

Arbonne's Proprietary Herbal Blend

Black Cohosh

Dong Quai

Evening Primrose Oil

Source

chaste tree berry

black cohosh root

dong quai root

evening primrose seed

2 tablets contains:

Nutrient	Amount	% Daily Value
Standardized Chaste Tree	175 mg	*
(0.5% Agnusides)	0.88 mg	*
Arbonne's Proprietary Herbal Blend	150 mg	
Black Cohosh		*
Dong Quai		*
Evening Primrose Oil		*

Herb Functions

Chaste Tree - Helps balance the female sex hormones produced during women's monthly cycles. ¹

Black Cohosh - Widely used for the relief of menstrual cramps, depression, anxiety, tension, and mood swings. ²

Chaste Tree - Helps to normalize the female sex hormones, is thought to be especially beneficial during menopausal changes. ¹

Dong Quai - Used primarily as a women's tonic to treat PMS and menstrual cramps. ¹

Evening Primrose Oil - Used for centuries for premenstrual and menstrual complaints. An approved PMS treatment in Great Britain. ¹

References:

1. The Green Pharmacy, J. Duke, Ph.D.
2. Encyclopedia of Natural Medicine, M. Murray, N.D., J. Pizzorno, N.D.

People with known medical conditions should consult with a physician prior to taking supplements