



PRE-MENSTRUAL SYNDROME

GENERAL RECOMMENDATIONS

ADD (+)	Anti-inflammatory diet high in fibre, essential fats and plenty of vegetables (particularly cooked cruciferous) to improve hormone metabolism; protein/fat/fibre breakfast for balanced blood sugar levels; ensure meat is organic; more sleep; self-care (mindfulness, meditation, yoga, slow-down, me time); regular exercise
REMOVE/REDUCE (-)	Food intolerances; sugar and white carbohydrates (to reduce blood sugar imbalance and sugar cravings); alcohol, caffeine; stress, xeno-oestrogens (such as BPA, parabens, phthalates); processed foods

SUPPLEMENTS	Symptoms						
	Food/Sugar cravings	Fluid retention/Bloating	Mood swings	Fatigue	Breast tenderness	Insomnia	Headaches
Top supplements to consider							
Magnesium glycinate (200 – 600 mg/daily)	X	X	X	X	X	X	X
B complex vitamins			X	X	X		X
Evening Primrose oil (1000 mg/daily) higher doses may apply* ¹		X	X		X		
Additional supplements to consider according to presenting symptoms							
5-HTP (50-100 mg/daily) higher doses may apply* ²	X		X			X	X
Vitamin D (1000 -3000 IU/daily) or higher doses if basal levels are very low	X		X	X			X
Omega-3 fish oils (1000 - 1500 mg/daily)			X	X		X	X
Calcium (1000 mg calcium/daily in divided doses)		X	X				X
Ashwagandha extract (200 – 500 mg/daily)	X		X	X		X	
Vitex Agnus-castus extract (20-40 mg/daily)		X			X		
Chromium picolinate (200 mcg daily)	X						
DIM (100 mg/daily)	Consider DIM if patient suffers from oestrogen dominance						
Dandelion root extract * ³ (250 mg/daily)	For liver support if patient has a poor diet/lifestyle and oestrogen dominance						

*¹ Consider up to 3000 mg daily for PMS

*² 100 mg night-time dose for insomnia; 300 mg for depression, migraine headaches and food cravings. Do not prescribe to patients on anti-depressants.

*³ Usually a 1-month treatment course.

SUPPLEMENTS - RECOMMENDED SUPPLIERS

SUPPLEMENT	PRODUCT NAME	SUPPLIER	FEATURES
Ashwagandha	Ashwagandha Plus	Wild Nutrition	Food-grown supplement
B complex vitamins	B-Plex	VitaBasix	With vitamin C and MSM
	Vitamin B Complex	Nutri Advanced	High-strength; with the body-ready methylated folate form
	B complex Plus	Wild Nutrition	Food-grown supplement
Calcium	Cal Apatite with Magnesium	Nutri Advanced	With high strength bioavailable MCHC (microcrystalline hydroxyapatite) and magnesium
Chromium	Chromium picolinate	Nutri Advanced	Highly bioavailable form
	Diabetichron	VitaBasix	High-strength; formula with alpha-lipoic acid, minerals and botanicals
Dandelion root	Total Cleanse Complex	Wild Nutrition	A unique liver cleansing formula with dandelion root, extra herbal extracts, B vitamins, amino acids and choline Food-grown supplement
DIM	DIM 100 mg	Nutri Advanced	Highly absorbable Diindolylmethane (DIM)
Evening Primrose Oil	Evening Primrose Oil capsules 1000 mg	BioCare	High strength GLA
Magnesium	Magnesium glycinate	Nutri Advanced	Magnesium only Supplied as tablets
	MegaMag Night Formula	Nutri Advanced	To support sleep, with l-tryptophan and hops Supplied as powder
	MegaMag Calmeze	Nutri Advanced	To reduce tiredness and fatigue, with theanine, taurine and glycine Supplied as powder
	Magnesium phospholipid complex	BioCare	With Phosphatidyl serine to reduce cortisol levels
Omega-3 fish oils	Lion Heart Omega 3 – Maxi caps	Bare Biology	High strength high purity fish oils from small fish
	Eskimo-3 Extra	Nutri Advanced	High purity fish oils
Vitamin D	Vitamin D3 with K2 – drops	Nutri Advanced	Liquid form
	Vitamin D3 High strength – tablets	Nutri Advanced	For those who need a high dosage
	Vitamin D3	Wild Nutrition	Food-grown supplement Maintenance dose
5-HTP	5-HTP capsules	Nutri Advanced	
Vitex Agnus-castus	VitaChron Female	VitaBasix	With B vitamins, minerals, and extra herbal extracts for hormone health

We recommend you always check individual ingredients for any product listed to ensure patient safety