

## Douglas

### Directives Premenstrual Tension Protocol

A Suggested Nutritional Protocol to Support PMS\*

#### **P.M.T. Support Formula™:**

This product is a synergistic and comprehensive combination of vitamins, minerals, herbals, and other nutrients carefully formulated to offer additional support of the body's response to the stresses imposed by menstruation.

**Product Code:** 4548

**Suggested Usage:** 2 tablets twice daily

#### **A-Retic™:**

Contains a blend of several herbs including uva ursi, buchu leaves, bear berry and juniper berries to help minimize water retention in the body.

**Product Code:** 7077

**Suggested Usage:** Adults take 1-2 tablets every 4 hours or before meals and at bedtime, followed by 1 to 2 glasses of water, or as directed by physician.

#### **Relora-Plex:**

A unique, patent-pending mixture of two herbal extracts, specifically designed to support normal mental functioning during stress and anxiety.

**Product Code:** 98739

**Suggested Usage:** 2 capsules daily

#### **Mag-Tea G:**

Magnesium citrate and a combination of green and white tea extracts in a pleasant-tasting natural lemon juice flavored powder.

**Product Code:** 57126

**Suggested Usage:** 1 teaspoon daily

#### **Prim Royal:**

Prim Royal supplies Evening Primrose oil, a rich source of fatty acids including gamma linoleic acid (GLA), helpful during times of menstrual tension.

**Product Code:** 7044

**Suggested Usage:** 2 softgels daily

#### **B-6 (100 mg):**

Vitamin B-6 is helpful for those suffering from tension surrounding menstruation.

**Product Code:** 7943

**Suggested Usage:** 1 tablet daily

#### **Ultra Indinole Plus:**

Indole-3-carbinol is a member of the class of sulfur-containing chemicals called glucosinolates. Indole-3-carbinol acts as an antioxidant, can stimulate natural detoxification enzymes, and supports normal hormone metabolism.\*

**Product Code:** 98762

**Suggested Usage:** 1 vegetarian capsule daily

\*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

