

PMS Supplement Considerations



PMS Hero®

Supports hormonal balance and alleviates symptoms associated with PMS such as mood swings and sleep disturbances through a blend of vitamins, minerals and botanicals.



Gut Works®

Supports gut health and supports serotonergic probiotic colonies.²



Debloat & Detox

Supports normal liver function for the proper processing of hormones.



Stay Calm®

Supports a healthy mood, cognitive function and resistance to stress.



Magnesium Glycinate

Needed for the regulation of hormones, serotonin and GABA production and for normal sleep.³



GlucoBalance®

Supports stable blood sugar levels which ensure a steady supply of glucose to the brain for serotonin production.



Vegan Omega 3

Omega 3s reduce inflammation and support mood regulation by influencing serotonin levels, helping with PMS-related depression and anxiety.¹

Dietary Considerations

+ Balanced blood sugar

Stabilising blood sugar levels through a diet rich in complex carbohydrates, fibre and healthy fats can prevent PMS-related mood swings, irritability and cravings.⁴

+ Increase anti-inflammatory foods

Consuming antioxidant-rich foods like berries, leafy greens, nuts and seeds helps reduce oxidative stress and inflammation associated with PMS.⁵

+ Adequate protein intake

Protein supports stable blood sugar levels and neurotransmitter production, reducing PMS symptoms like fatigue and mood swings.⁶

+ Limit caffeine and alcohol

Caffeine can increase anxiety and disrupt sleep, while alcohol may worsen mood swings and bloating.⁷

+ Hydration and electrolyte balance

Staying well-hydrated and consuming potassium-rich foods like bananas can help reduce water retention and bloating.

Lifestyle Considerations

+ Regular exercise

Physical activity boosts endorphin levels, helping to reduce PMS-related mood swings, fatigue and cramps. Exercise also increases blood flow to the liver and supports the detoxification of used hormones.⁸

+ Stress management

High-stress levels can worsen PMS symptoms by increasing cortisol and hormonal imbalances. Mindfulness, meditation and deep breathing exercises can help.⁹

+ Sleep hygiene

Poor sleep exacerbates PMS symptoms such as fatigue, irritability and food cravings. Aim for 7-9 hours of quality sleep per night.¹⁰

+ Quit smoking

Smoking is linked to worsened PMS symptoms and increased inflammation, contributing to more severe cramps and mood disturbances.¹¹

Testing Considerations

TEST	MARKER	RATIONALE
Hormonal Panel	Total Testosterone and Free Testosterone DHEA-S (Dehydroepiandrosterone Sulfate) LH and FSH (Luteinizing Hormone and Follicle-Stimulating Hormone) Prolactin Oestrogen Progesterone	Hormone imbalances contribute towards PMS symptoms. High prolactin levels can contribute to breast tenderness.
Thyroid function	TSH Free T3 Free T4 Reverse T3	Thyroid dysfunction can mimic PMS symptoms like fatigue, mood swings and weight fluctuations.
Vitamin D	25-Hydroxyvitamin D	A deficiency in vitamin D can worsen PMS symptoms like cramps, mood instability and fatigue.
Inflammatory markers	hs-CRP	Chronic low-grade inflammation can worsen PMS symptoms such as pain and bloating.
Blood sugar levels	Fasting Glucose, HbA1c	Blood sugar dysregulation can contribute to cravings, mood swings and fatigue.

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