

FEMSY 20

\$39.26

A hormonal imbalance in women may increase premenstrual symptoms (PMS). Premenstrual symptoms may occur: colic, muscle cramps, nervousness, depression and acne. This imbalance is also the cause of subsequent Perimenopause and Menopause, where you might have symptoms such as: hot flashes, changes in mood including depression and irritability as well as insomnia. Taking some plants that contain phytoestrogens like soybeans, and nutrients like Vitamin B6 and Calcium help to mitigate the effects of this disorder. Sometimes people need additional support in stress management; taking walks outdoors for its relaxing effect is suggested.



OTHER INGREDIENTS: MICROCELLULOSE, LACTOSE, SILICON DIOXIDE, MAGNESIUM STEARATE

How does it help the body?

- Helps with colic pain and cramps
- Helps reduce cramps.
- Natural relaxant
- Reduces acne.

It prevents:

- PMS
- Menopause Assistant
- Auxiliary for Hot flashes
- Auxiliary for mood changes

Amount & Instructions

Net Content 60 Tablets

Directions Take 1 tablet with meals. Up to 3 times daily

HERBAX®

4512 E. Charleston Blvd
Las Vegas, NV 89104
U.S.A.

Phone: 1 (855) 943-7229
myherbax@gmail.com | <https://myherbax.com/>



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