



# PMS~EASE

*Balancing Mid-Cycle to Menses*

DIETARY HERBAL SUPPLEMENT · 90 VEGETARIAN CAPSULES · NET WT 45 G

## WHY WE CREATED PMS~EASE

"PMS~EASE is a time-tested botanical blend rooted in traditional Chinese herbal medicine, combining eight synergistic herbs — including Dang Gui, White Peony, and Chai Hu — traditionally used to support hormonal balance, ease occasional PMS-related tension, and promote a calm, settled feeling throughout the menstrual cycle."

This clinically, time-tested PMS~EASE formula assists in moving liver Qi to alleviate headache tension & breast tenderness; supports the digestive system to alleviate GI disharmony; nourishes the liver blood to balance hormones; and clears heat to lessen mood swings and support a sense of calm.<sup>4</sup>

## SUGGESTED USE

Take 3 capsules 2 times daily, 3–10 days prior to your cycle, as needed. Best taken with warm, filtered water or tea. Capsules may also be opened into a protein or smoothie drink if preferred.

**Storage:** Store in a cool, dry place.

## KEY PROPRIETARY INGREDIENTS · 500 MG PER CAPSULE

**Dang Gui** *Radix Angelica Sinensis*

Nourishes and invigorates Blood; supports healthy circulation.

**Fu Ling** *Sclerotium Poriae Cocos*

Supports healthy fluid balance; calms the mind; eases bloating.

**Bai Zhu** *Dry-fried Rhizoma Atractylodis Macrocephalae*

Strengthens and supports digestion; reduces bloating and fatigue.

**Zhi Zi** *Fructus Gardeniae Jasminoidis*

Clears heat; eases restlessness; calms the Shen (mind/spirit).

**White Peony** *Radix Paeoniae Alba*

Nourishes Blood and Yin; softens Liver Qi; eases tension.

**Chai Hu** *Radix Bupleuri*

Moves Liver Qi; eases stagnation-related irritability and breast tenderness.

**Mu Dan Pi** *Cortex Moutan Radicis*

Cools Blood heat; eases heat-related irritability and flushing.

**Zhi Gan Cao** *Honey-fried Radix Glycyrrhizae Uralensis*

Harmonizes the formula; moderates other herbs.

## VERIFIABLE SCIENCE

- More than 80% of women during their reproductive ages report experiencing monthly PMS-related discomforts such as headaches, breast tenderness, bloating, mood swings or fatigue.<sup>1</sup>
- Dang Gui has analgesic, anti-inflammatory, calming and relaxing properties due to its active compounds found in the root, called ferulic acid and Z-ligustilide.<sup>3</sup>
- A 2023 clinical trial conducted on insomnia sufferers with a mean age of 55 concluded that Poria cocos sclerotium (Fu Ling) improves the quality of sleep.<sup>2</sup>

## Nutraceutical Facts

|                         |                  |
|-------------------------|------------------|
| Serving Size            | 3 caps, 2x daily |
| Servings per container  | 30               |
| Amount per serving      | 1500 mg          |
| Herb weight equivalence | 45 gm            |

**Proprietary Blend****500 mg per cap**

Radix Angelica Sinensis, Radix Paeoniae Alba, Sclerotium Poriae Cocos, Radix Bupleuri, Dry-fried Rhizoma Atractylodis Macrocephalae, Cortex Moutan Radicis, Fructus Gardeniae Jasminoidis, Honey-fried Radix Glycyrrhizae Uralensis.

**Other ingredients:** Rice extract blend, vegetable cellulose.

Daily Value not Established

## WARNINGS & CAUTIONS

**Warning:** Do not use if you are pregnant, may be pregnant, trying to conceive or nursing. Do not use if you have heavy menstrual bleeding, have a bleeding disorder, take anticoagulant or antiplatelet medication.

**Caution:** For adults 18 and over. Consult your physician before use if you take any medication, are hormone-sensitive, or have medical conditions. Discontinue 2 weeks before surgery. Keep out of the reach of children.

Risk of reproductive harm due to lead exposure.  
[www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

See the complete **Precautions & Warnings** sheet for this product.

## OUR STANDARDS

- ✓ Highest-quality herbs, roots, berries & nutrients
- ✓ No added sugars or artificial sweeteners
- ✓ Third-party tested
- ✓ Curated & formulated in the USA
- ✓ Gluten-free
- ✓ Made with certified partners in the USA or Taiwan
- ✓ Vegan
- ✓ No artificial colors, flavors, fillers or additives
- ✓ Made without GMO's

## SELECTED REFERENCES

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- Chin Med.* 2011 Aug 25;6:32. doi:10.1186/1749-8546-6-32. PMID 21867503.
- Forsch Komplementmed.* 2012;19(5):242–6. doi:10.1159/000343506. PMID 23128098.

# VRONI

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