



Custom Remedies

Dietary Supplement Program

Supplement Facts

Serving Size 1 "daily-dose" package
Servings per Container: 28 "daily-dose" packages

	Amount Per Serving (mg)	% Daily Value
Calcium (as Calcium Citrate)	417	42%
Magnesium	150	38%
Iron	50	278%
Proprietary Blend	1750mg	*
Evening Primrose Oil St. John's Wort Powder		
Percent Daily Values based on 2,000 calorie diet. * Daily Value not established		

PMSos!

PMSos! was formulated as nutritive support to balance mood, reduce cramps and headaches, and help prevent the "washed out" feeling during PMS. The supplements contained accomplish this by providing key nutrients to supplement what is lost and counter imbalances from hormones.

Packaging

The easy way to get these little bags open is to hold the bag by placing your thumb and index finger on the center of zip seal. Be sure the zip seal is parallel with your fingers. Now, slide your thumb back across your index finger like your rolling the zip seal between your fingers. You'll find the bag opens easily. Of course, we are assuming your fingers are dry and not greasy so they have some friction against the bag. We chose smooth not "zipper-like" seals for the bags to make opening easier.

Your Daily Dose

- * Best to start 1 week before your period and continue to the completion of your period. This would be approximately 14 days out of the month and thus, the 28 doses would last 2 months.
- * For each item that there are two of, take one in the morning and one in the evening.
- * Take the single gray at noon time
- * Keep watch for side effects. Discontinue use if they become more than you would expect from an "adjustment period."
- * Always consult your physician if you are on regularly prescribed medication for another medical condition.

Lifestyle Changes

- * Do not smoke
- * Avoid alcohol, caffeine, and carbonated beverages
- * Eat at least 2 ounces of meat protein daily (white turkey or beef)

- * Eat high calcium foods especially yogurt. Other choices are cheeses, broccoli, kelp, almonds, and milk
- * Meditation is recommended for many lifestyle changes. It affords your mind time to "soak it all in" and contemplate what has been happening throughout your day. Sit quietly, close your eyes, and relax. Try to breathe deeply and clear your mind.
- * Try to get a reasonable amount of sleep. Burning the candle at both ends consistently is not good for any health condition. For mental sharpness, the mind needs to dream to sort out everything that has happened recently. Dreaming balances chemicals in the brain naturally and no supplement can take the place of dreaming. Note that it is not so much a matter of when you sleep, just that you sleep in long enough bursts to enter REM sleep for a time. That usually makes periods of sleep shorter than 1.5 hours (that 25 minute power nap for example) ineffective for dreaming.

Warnings

- * If you have a known allergy to any of the ingredients you should not take this product.
- * If pregnancy is desired, it is recommended that supplements such as PMSos should not be taken as it may adversely affect your natural cycle.
- * To avoid absorption problems take ACE inhibitors, tetracycline or quinolone based antibiotics (Cipro), Dialantin (Phenytoin), H2 Blockers (eg. Zantac and Pepcid), Macrochantin, zinc, copper, and manganese at a time other than your PMSos dose.
- * Take Digoxin at least 2 hrs from either dose to prevent absorption problems.
- * Avoid taking if taking high doses of vitamin C as you may absorb too much iron
- * The quantity of calcium present in PMSos is insufficient for osteoporosis prevention during aging and menopause. Additional calcium in diet or supplementation may be needed.

- * Do not take antidepressant drugs including MAO inhibitors, SSRIs, and tricyclics and possibly tramadol or sumatriptan (Imitrex) concurrently with PMSos. Best practice is to flush the above drugs from your system for a month prior to starting supplementation.
- * St. John's Wort may cause the following to be less effective: Digoxin, cyclosporine, protease inhibitors (for HIV infection), oral contraceptives, amitriptyline, Coumadin, theophylline, chemotherapy drugs, olanzapine, and clozapine.
- * St. John's Wort may have an additive effect with sulfa drugs that increase sun sensitivity, anti-inflammatory medications like Feldene (piroxicam), as well as Prilosec (omeprazole) or Prevacid (lansoprazole).

What to Expect

PMS is not a disease or ailment for which one needs to seek a cure. It is a natural life process and cycle essential for the continuation of the human species.

PMSos is simply formulated to provide support in perhaps easing some of the less desirable symptoms of the cycle and to make the process more tolerable. Although some of the ingredients will help balance mood, it's important to recognize the differences from a normal week to the more sensitive times in your cycle and compensate as best you can. It is our hope that PMSos will help.

Support

- * e: support@customremedies.com
- * w: www.customremedies.com

⊗ Notice

Any claim as to benefits or potential benefits of the contents of this supplement have not been evaluated by the Food and Drug Administration. Benefits should be considered potential benefits not guarantees or promises. This product is not intended to diagnose, treat, cure, or prevent any disease.