



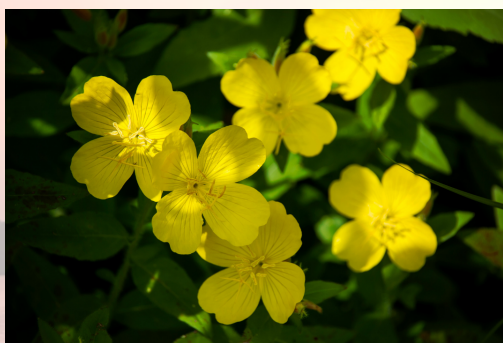
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PREMENSTRUAL SUPPORT

Menstro is designed to comfort and support a woman's body during the toughest days of her monthly menstrual cycle. It contains a potent blend of *evening primrose* and *oenothera* seed oils. These oils are rich in gamma linoleic acid (GLA) to support healthy inflammation levels,¹ which can be elevated during premenstrual times.² Menstro contains up to 70% linalool, a compound also found in lavender, which studies suggest may have calming and conflict-reducing properties.^{3,4}

WHY MENSTRO?

Premenstrual discomfort is also believed to be related to changes in hormone levels. Menstro supports healthy levels of hormone-like compounds called prostaglandins which may reduce susceptibility to premenstrual discomfort.⁵ Many "evening primrose" oils on the market are diluted with inactive carrier oils that only contain a small fraction of the active compounds *linoleic* and *gamma-linoleic acids*. Menstro soft gelcaps contain nothing but pure, potent & uncut *active* oils – with absolutely no fillers. Each jar of Menstro contains 30 gel capsules. Try Menstro today and discover for yourself how soothing it can be!



Active Ingredients:

- Evening primrose oil (500 mg)
- *Oenothera* seed oil (500mg)

HOW TO USE



As a dietary supplement, take 1 capsule daily. During times of premenstrual discomfort, take additional capsules if needed.

Store in a cool, dry place.

References

1. *Przegl Lek.* 2007;64(2):91-9.
2. *J Womens Health (Larchmt).* 2016 Sep;25(9):865-74.
3. *Pharmacol Biochem Behav.* 2006 Dec;85(4):713-21.
4. *Front Behav Neurosci.* 2018 Oct 23;12:241.
5. *J Reprod Med.* 1983 Jul;28(7):465-8.

Available in bottles of 30 capsules. \$74.95 MSRP.