

Is PMS Weighing You Down?

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Quantum Fem PMS

*Ideal Support For PMS and Healthy Menstrual Cycles**



The Quantum Solution to PMS

Quantum Fem PMS Key Benefits

- Premier quality botanical female formula to help balance and tonify the uterus and ovaries for balanced hormone support*
- Supports optimal balance of estrogen and progesterone*
- Broad-range adaptive phytochemical activity to support gentle cleansing and detoxification of the reproductive tract for menstruating women*
- Supports the body's natural pain relief systems*

What is PMS?

Premenstrual Syndrome (PMS) is a condition that can affect 75% of menstruating women, most often in their twenties or thirties, according to the Mayo Clinic. As many as 40% of these women have physical or emotional symptoms that are so severe that it interferes with their daily activities.

Symptoms of PMS are both physical and emotional. Symptoms can include water retention, weight gain, breast tenderness, mood swings, depression, crying spells, headaches, just to name a few. Women, especially young women suffering from PMS, often feel helpless as their body reacts each month to their upcoming menstruation.

What Causes PMS?

Several factors can lead to PMS symptoms. A lack of essential vitamins and minerals, eating processed salty foods, as well as drinking alcohol and caffeinated drinks can all cause various PMS symptoms. Many times medical drugs are prescribed to ease the symptoms, but unfortunately the drugs come with a price that your body has to pay. For example, NSAIDs (nonsteroidal

anti-inflammatory drugs) are commonly taken to relieve symptoms. However, prolonged use of NSAIDs can cause bleeding of the stomach or even ulcers.

Whole Body Health

In order to naturally help prevent or reduce symptoms of PMS, it is important to avoid caffeine, alcohol, refined sugar, hydrogenated oil and to limit refined salt intake. In addition, consuming plenty of organic fruits, vegetables, whole grains and calcium-rich foods can also help, as well as participating in a weekly exercise routine.

When choosing a PMS support formula, it is important to choose one containing quantum quality ingredients that really work together synergistically. Only a superior PMS formula that contains premier quality ingredients to support healthy menstrual cycles, mood, natural pain relief as well as relaxation of the body and mind can achieve the most rapid shift back to ideal cellular resonance and optimal health -- in short, the Quantum Nutrition Effect.

¹The Quantum Nutrition Effect

100% premier quality nutrients (exquisitely well grown & toxin-free), which promote the most rapid shift to ideal cellular resonance for great health



The Best PMS Formula On the Planet

All these great grade 10 nutrients in one bottle!

Quantum Cellular Resonance. Some female support products feature large amounts of a single ingredient, such as red raspberry or cramp bark. However, the biochemistry of the female is designed such that the matrix of each cell really seeks small amounts of hundreds of different phytonutrients in order to function at its ideal cellular resonance. Therefore, we have engineered Quantum Fem PMS to contain multiple, quantum-state quality¹ synergists directed to the targeted tissue, the female reproductive system, as well as exquisite co-factors and transporters to assure maximum uptake and nutrient utilization for the most rapid quantum shift in cellular resonance. **Welcome to the Quantum Effect² for hormone balance.**

European Red Raspberry Leaf (*Rubus idaeus*)

- Rich in fragarine (uterine tonic), tannins and polypeptides
- Supports and tonifies the uterus*
- Even provides support during pregnancy, helping to prepare the body for childbirth*
- Helps ease nausea*

Central American Opuntia Cactus (*Opuntia ficus-indica*)

- Rich in natural vitamin C, bioflavonoids and 17 essential amino acids
- Supports healthy respiratory, glandular and circulatory systems*
- Supports healthy nervous system function and mood regulation*
- Naturally high in fiber which helps curb appetite*
- Supports healthy endocrine and immune function*
- Promotes healthy urine flow and helps neutralize toxins and internal waste*

Cramp Bark (*Viburnum opulus*)

- Used anciently by Native Americans for swelling
- Supports natural muscle relaxation, especially the uterus*
- Supports the natural muscle tone of the uterus*
- Promotes a calm, healthy nervous system*

Atlantic Kelp (*Laminaria digitata*)

- Rich in calcium, magnesium, potassium, iodine, trace minerals, natural vitamins and amino acids
- Supports healthy thyroid function and metabolism*

South American Bladderwrack (*Fucus vesiculosus*)

- Supports healthy thyroid function and metabolism*
- Supports the body's natural histamine response*

Indian Noni Fruit, Seeds (*Morinda citrifolia*)

- Contains natural compounds which promote healthy, cramp-free menstruation*
- Contains scopoletin, a natural compound which helps promote calm mood and sense of well being*
- Supports menstrual cycle regulation*

- Supports the body's natural histamine processes*
- Promotes healthy lactation in mothers who are breastfeeding*

Indian Turmeric Root (*Curcuma longa*)

- One of the most versatile antioxidants with unparalleled DNA repair*
- Contains natural compounds which support the body's natural histamine processes*

European Beta Sitosterol, Campesterol and Sterolins

- Contains plant-derived hormones which are bio-identical to those that the body produces*
- Promotes immune-modulating activity for a healthy immune system*

Bromelain and Papain Enzymes

- Powerful enzymes to promote healthy digestion*

Purified Oat Bran

- Rich source of soluble, essential dietary fiber
- Rich in beta glucans for healthy blood lipids and healthy bowel eliminations*

References

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¹Quantum-State Quality

Quantum Fem PMS is the result of our relentless search to find the best grown phytonutrients, free of any toxic chemical tag-alongs through the whole process: growing, harvesting, encapsulation, bottling and delivery to you.

²The Quantum Effect

When premier quality nutrients (exquisitely well-grown, free of toxic tag-alongs) are combined together, their effect is far greater than the sum of their individual benefits by a factor of 2 to 100-fold or more: **The Quantum Effect.**

Quantum Fem PMS (500 mg./Vcap, 60 Vcaps/bottle)

Ingredients: Proprietary formula of "beyond organic," nonhybrid herbal concentrates and synergists: European Red Raspberry Leaf (*Rubus idaeus*), Central American Opuntia Cactus (*Opuntia ficus-indica*), Cramp Bark (*Viburnum opulus*), unheated Atlantic Kelp (*Laminaria digitata*), South American Bladderwrack (*Fucus vesiculosus*), Indian Noni Fruit, Seeds (*Morinda citrifolia*), Indian Turmeric Root (*Curcuma longa*), European Beta Sitosterol, Bromelain and Papain Enzymes, Purified Oat Bran.

Other Ingredients: 100% vegetable capsule, 100% excipient-free (no magnesium stearate or other toxics).

Recommended Use

Adults or children (age 10 and up): Take 1 to 3 Vcaps daily or as directed. For special routines, up to 12 Vcaps may be taken daily. For additional female support, see Quantum Fem Balance.