

# SPM-OK®

## TO COUNTERACT SYMPTOMS OF PREMENSTRUAL SYNDROME

**Mastodynia / Headaches / Mood Swings  
Anxiety / Irritability / Craving for Sweets / Pain  
Insomnia / Depression**



**PRODUCT CLASSIFICATION:**  
**Food Supplement.**

### ACTIVE INGREDIENTS:

- ◆ Magnesium **255 mg**
- ◆ Zinc **7.5 mg**
- ◆ Vitamin E **8 mg**
- ◆ Vitamin B6 **3 mg**
- ◆ Vitamin B2 **2.4 mg**
- ◆ Vitamin B1 **2.1 mg**
- ◆ Vitamin D **4 µg**
- ◆ Griffonia simplicifolia **65 mg**
- ◆ Vitex agnus castus **50 mg**
- ◆ Borage oil **20 mg**

**HOW TO USE:** 1 stick a day away from the main meal. Start from the last day of the menstrual cycle until the first day of the following cycle (21-22 days).

**PACKAGING:** 22 stick packs inserted in a fold box with leaflet.

## SPM-OK: THE COMPLETE FORMULATION

SYMPTOMS		SPM-OK RESPONSE
MASTODYNIA	→	VITEX AGNUS CASTUS - VITAMINE
HEADACHES - MOOD SWINGS	→	MAGNESIUM
CRAVING FOR SWEETS	→	ZINC
ANXIETY - IRRITABILITY	→	VITAMINES B6 - B2 - B1
PAIN	→	BORAGE OIL
INSOMNIA - DEPRESSION	→	GRIFFONIA SIMPLICIFOLIA