

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 1.3 mg
- ◆ Vitamin B2 2.4 mg
- ◆ Angelica 50 mg
- ◆ Vitamin B1 2.1 mg
- ◆ Vitamin D 12,5 µg
- ◆ Griffonia simplicifolia 65 mg
- ◆ Vitex agnus castus 6 mg
- ◆ Borage oil 20 mg

HOW TO USE: 1 tablet a day away from the main meal. Start from the last day of the menstrual cycle until the first day of the following cycle.

PACKAGING: 2 blister of 12 tablets inserted in a fold box with leaflet.

SPM-OK: THE COMPLETE FORMULATION

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

SPM-OK: CLINICALLY TESTED

