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***

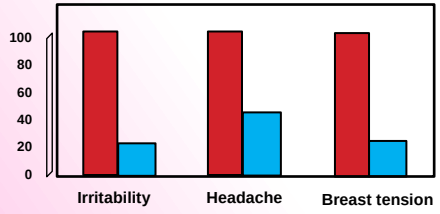
HOW TO USE*: 1 tablet a day away from the main meal. Start from the last day of the menstrual cycle until the first day of the following cycle (21-22 days).*

PACKAGING: *1 blister of 21 + 1 tablets 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

SPM-OK: CLINICALLY TESTED



TEST ON 40 PATIENTS[1]

Baseline

After 3 months

[1] Galliera Hospital - Genoa 2004