

RELIEF OF PMS SYMPTOMS

Information for **Health Care Professionals**



BLOATING • ACHES • MOOD CHANGES

Premenstrual syndrome (PMS) affects a large portion of women of reproductive age (30 to 80%). Symptoms associated with PMS are physical, emotional and behavioral and vary in intensity from mild to severe.¹

Changes in lifestyle, supplements, and herbs can contribute to relieving PMS symptoms. Medication such as antidepressants, diuretics, non-steroidal anti-inflammatory drugs and hormonal contraceptives address the most severe cases.

Cyclease® PMS Relief is a homeopathic medicine targeting the **bloating, water retention, aches, and emotional changes associated with PMS**. It has no known drug interactions, so it can be taken alone or in combination with other treatments.

Cyclease PMS Relief is available over the counter and health care professionals can also purchase direct from Boiron.


BOIRON®
World Leader in
Homeopathic Medicines
BoironUSAhcp.com

MEDICINES

Cyclease® PMS Relief Tablets	Homeopathic symptom-specific action on discomfort, bloating, and mood changes associated with premenstrual syndrome.	Free of NSAIDs, caffeine & antihistamines; no known interactions with other medications, herbs, or supplements; over-the-counter medicine.	Very low risk of side effects.
Hormonal contraceptives	Blocks ovulation modifying menstrual cycle.	Decreases risk of endometriosis.	Increases risk of blood clots.
Antidepressants (<i>sertaline, fluoxetine, or paroxetine</i>)	Increases serotonin levels, could help manage mood swings and decrease irritability.	No hormonal side effects.	Nausea, dizziness, weight gain, dry mouth, sexual dysfunction.
Diuretics (<i>pamabrom, spironolactone</i>)	Reduces water retention, weight gain, swelling and bloating.	No hormonal side effects.	Contraindicated during pregnancy, increases risk of hypokalemia.
Analgesics & NSAIDs (<i>acetaminophen, ibuprofen, naproxen</i>)	Decreases aches and pain from cramping and mastodynia.	No hormonal side effects.	NSAIDs: risk of gastrointestinal side effects; interacts with other drugs. Acetaminophen: overdose induces liver toxicity.

SUPPLEMENTS

Calcium	Low calcium intake is linked with higher frequency of PMS.	Helps prevent osteoporosis; calcium supplementation can be achieved through diet.	Possibility of interactions with some drugs.
Magnesium	Helps reduce water retention, breast tenderness, and bloating.	Safe at usual dosages.	Possibility of interactions with some drugs.
Vitamin B6 (<i>Pyridoxine</i>)	Reduces breast pains and depressed mood associated with PMS.	Safe at recommended dosages.	Side effects associated with overdose.
Vitamin E (<i>Alpha tocopherol</i>)	Reduces the production of prostaglandins causing cramps and mastodynia.	Decreases cravings, anxiety, and depression associated with PMS.	Side effects associated with overdose.
Brewer's yeast (<i>Saccharomyces cerevisiae</i>)	Reduces PMS associated with vitamins and minerals.	Generally well tolerated.	Interacts with monoamine oxidase inhibitors.

HERBS

Ginkgo (<i>Ginkgo biloba</i>)	Reduces mastodynia and psychological symptoms associated with PMS.	Well tolerated.	Moderate levels of interactions with some drugs.
Saffron (<i>Crocus sativus</i>)	Improves PMS after two menstrual cycles.	Well tolerated.	Rare cases of allergy; possibly unsafe when used in high doses or long term.
Chaste Tree (<i>Vitex agnus-castus</i>)	Relieves breast tenderness, constipation, bloating, irritability, and depressed mood associated with PMS.	Well tolerated.	Avoid during pregnancy; moderate levels of interactions with some drugs.

Cyclease® PMS Relief is produced by Boiron using the highest standards and quality control processes. The product's active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.⁵

A placebo-controlled, pilot clinical study⁶ on 20 women showed that homeopathic treatment (including Sepia and Natrum muriaticum) scored positively compared to a placebo and calls for further studies.

The activity of Folliculinum on mastodynia was studied in a placebo-controlled pilot study⁷ on 58 women and showed a significant decrease in symptoms compared to the placebo, confirming the empirical use of Folliculinum in this indication.

Folliculinum is the most frequently prescribed homeopathic medicine to treat women with PMS symptoms, according to an observational study⁸ on 23 women conducted in France. The study reports that the homeopathic treatment was "well tolerated."

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight of these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology. This table shows the relationships between the toxicopharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in purple).^{9,10}

Cyclease PMS Relief should be used only for its labeled indications.

Estrone 3-hydroxyestra-1,3,5(10)-triene-17-one	Sea salt Na+, K+, Mg²⁺, Ca²⁺, Cl-, SO₄²⁻	Dried cuttlefish ink
Exposure to estrone causes breast tenderness, breast pain, leg cramps, nausea, headaches, menstrual disorders, vision disturbances.	Hypnatremia causes edema, muscular weakness, and irritability.	Indications are based on empirical use of the homeopathic dilution: the cuttlefish ink has a very low toxicity. The presence of melanin and tyrosinase could explain some of the vasomotor, psychotropic and endocrinal effects of the homeopathic preparation.
Folliculinum 15C	Natrum muriaticum 12C	Sepia 12C
Relieves discomfort and aches associated with PMS.	Relieves water retention, irritability, and emotional changes.	Relieves bloating and lower back pain.

+ ADVANTAGES

As a convenient and reliable first choice for relieving premenstrual syndrome, Cyclease PMS Relief has many advantages:

- Targets several symptoms associated with PMS
- No caffeine, NSAIDs, or antihistamines
- Excellent tolerance
- Not expected to interact with other medications and supplements or interfere with biological tests
- No laboratory tests needed, which is required with other treatments and supplements
- Easy-to-take unflavored tablets melt in the mouth for sublingual absorption; no food or water needed
- Each box contains three on-the-go sleeves of 20 meltaway tablets

References

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Cyclelease[®] PMS RELIEF

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)

	<i>Purpose*</i>
Folliculinum 15C HPUS (0.8 mg).....	Relieves discomfort and aches associated with PMS
Natrum muriaticum 12C HPUS (0.8 mg).....	Relieves water retention, irritability, and emotional changes
Sepia 12C HPUS (0.8 mg).....	Relieves bloating and lower back pain

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses* temporarily relieves premenstrual symptoms such as:

- bloating ■ water retention ■ minor aches ■ lower back pain
- discomfort ■ emotional changes ■ irritability

Warnings

Stop use and ask a doctor if symptoms persist for more than 7 days or worsen.

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions

- Adults and children 12 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue morning and evening until symptoms are relieved.
- Children under 12 years of age: Ask a doctor.

Other information

- do not use if glued carton end flaps are open or if the blister seal is broken
- store below 86°F (30°C)

Inactive ingredients croscarmellose sodium, lactose, magnesium stearate

Questions or comments?

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