

OönaPMS1 FACT SHEET

What is it?

OönaPMS1 provides natural relief for PMS. OönaPMS1, taken throughout a woman's cycle, works to help balance production of certain hormones. OönaPMS1 and OönaPMS2 can be taken together.

How much?

Suggested retail price is \$19.95.

Each box of OönaPMS1 is a 90-tablet supply.

How to order?

To order, call 1-888-596-5154 or go to www.oonahhealth.com

Symptoms Addressed:

- Irritability
- Anxiety
- Mood Swings
- Mild Depression
- Forgetfulness
- Breast Tenderness
- Bloating

Ingredients:

Active ingredients (all standardized extracts): Main tablet: Chaste tree berry extract (0.5% agnusides) 225 mg., Black Cohosh (2.5% triterpene glycosides) 40 mg.

Additional passionflower tablet: Passionflower extract 4% flavonoids 100 mg.

Why Passionflower:

Passionflower extract is an herb generally used to calm mild anxiety; it is also a great compliment to chaste tree berry for more severe symptoms. Clinical research has shown the herb also has properties that act as an antispasmodic and thus soothe menstrual discomfort. It is offered separately for women who may need added assistance in the second half of the cycle when PMS-related anxiety and irritability increase.

How OönaPMS1 differs:

- Women need to take it only once a day as opposed to several times a day for other products. This makes it a more convenient product for younger women on the go.
- Black cohosh is a great compliment to chaste tree by addressing symptoms associated with the first half of the cycle.
- Separate passionflower tablet enhances chaste tree's effect on PMS irritability and provides flexibility with formulation, depending on symptoms.
- Product uses all standardized extracts, providing consistent efficacy and reliability.

OönaPMS1 can also be taken with OönaPMS2, which is formulated to address the frequent onset of menstrual cramps and associated headaches and/or gastrointestinal complaints.