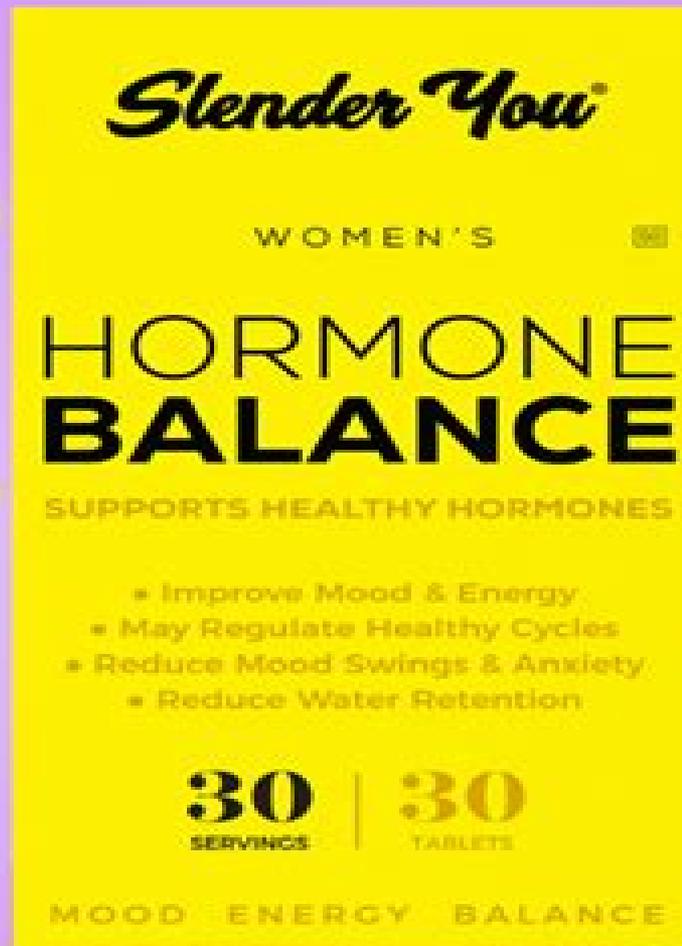


**CALCIUM**  
to reduce PMS  
symptoms,  
including bloating  
and fatigue



**VITAMIN B6**  
maintains  
hormonal balance,  
alleviates mood  
swings in  
menopause and  
PMS



**MAGNESIUM**  
deficiency linked  
to severe PMS  
symptoms, it  
reduces  
depression,  
anxiety, insomnia,



**GOTU KOLA**  
calms PMS-  
related stress,  
improves  
circulation, and  
reduces swelling



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# The Slender Balance

**G Thomas**



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