Drug Facts

Active ingredients
Sepia 1C HPU5
Natrum muriaticum 1C HPU5
Follicinum 15C HPU5

Purpose
Relieves discomfort and aches associated with PMS
Relieves water retention and irritability
Relieves bloating and lower back pain

The letters HPU5 indicate that this ingredient is officially included in the Homeopathic Pharmacopoeia of the United States.

Uses
- Temporarily relieves premenstrual symptoms such as: discomfort, aches, bloating, irritability.

Warnings
- Ask a doctor before use in children under 12 years of age.
- Stop use and ask a doctor if symptoms persist for more than 7 days or worsen.
- If pregnant or breast-feeding, ask a health professional before use.
- Keep out of reach of children.

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: Not recommended.

Other information
- Do not use if glued carton end flaps are open or if the blister seal is broken.
- Do not store above 86°F (30°C).

Inactive ingredient
Crescaramella sodium, lactose, magnesium stearate

Questions or comments?
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Discomfort • Aches • Bloating • Irritability

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

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

Cyclease® PMS is a homeopathic medicine targeting the discomfort, aches, irritability and bloating associated with PMS. Cyclease PMS does not have hormonal side effects and can be taken alone or in combination with other treatments.
# Pharmacology

Cykloce PMS combines three homeopathic medicines manufactured according to the Homeopathic Pharmacopoeia of the United States guidelines and uses the highest standards of production and quality control.[7]

A placebo-controlled, pilot clinical study[8] on 50 women showed that homeopathic treatment (including Sepia and Natrum muriaticum) scored positively compared to a placebo and calls for further studies.

The activity of Foliculimum on mastodynia was studied in a placebo-controlled pilot study[9] on 58 women and showed a significant decrease in symptoms compared to the placebo, confirming the empirical use of Foliculimum in this indication.

Foliculimum is the most frequently prescribed homeopathic medicine to treat women with PMS symptoms, according to an observational study[10] 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. A list of these traditional indications is gaining throughout the years as advances are made in the fields of biochemistry and pharmacology. This table shows the relationships between the toxico-pharmacological properties of the strain (in red) and the general indications of its homeopathic solutions (in blue).[11]

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Advantage</th>
<th>Side Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Less calcium intake linked with higher frequency of PMS</td>
<td>Prevention of osteoporosis; calcium supplementation can be achieved through diet</td>
</tr>
<tr>
<td>Magnesium</td>
<td>Helps reduce water retention, breast tenderness and bloating</td>
<td>Likely safe at usual dosages</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>Reduces breast pain and depressed mood associated with PMS</td>
<td>Safe at recommended dosages</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Reduces the production of prostaglandins causing cramps and mastodynia</td>
<td>Decreases cravings, anxiety and depression associated with PMS</td>
</tr>
<tr>
<td>Brewer's yeast</td>
<td>Reduces PMS associated with vitamins and minerals</td>
<td>Generally well tolerated</td>
</tr>
</tbody>
</table>

## Advantages

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

- No estrogenic or other hormonal effects
- Excellent tolerance
- Can be used for long periods of time (more than five years) if needed
- Targets several symptoms associated with PMS
- Cykloce PMS is not expected to interact with other medications, supplements or interfere with biological tests
- Patients no longer have to check for pregnancy, which is required with other treatments and supplements.

References used to prepare this document: