

## Relief Cream Premenstrual Syndrome and Menopause 50g



EAN: 860007317903

FABRICANTE: Glow Botánica

*Menopause can present a variety of symptoms, and it is important to remember that each person may experience them differently.*

### DESCRIPTION

List of common menopause symptoms:

1. Hot flashes: Sudden feeling of heat that mainly affects the upper part of the body.
2. Changes in menstrual pattern: irregularities in the menstrual cycle, which can lead to missed periods.
3. Vaginal dryness: Loss of lubrication in the vagina, which can cause discomfort during sexual intercourse.
4. Sleep problems: Difficulty falling asleep or staying asleep, accompanied by insomnia.
5. Mood swings: Emotional oscillations, ranging from irritability to sadness.
6. Decreased libido: Reduced sexual desire.
7. Night sweats: Excessive sweating at night, often related to hot flashes.
8. Fatigue: Constant feeling of tiredness or exhaustion.
9. Skin changes: Loss of elasticity, dryness or appearance of wrinkles.
10. Loss of bone density (osteoporosis): Decreased bone mass, which can increase the risk of fractures.

It is essential to consult with a health professional for specific guidance and to address any individual concerns during menopause. Each woman experiences this stage in a different way.


**HOW TO USE:** Take a little product, about the size of an almond between the palms of your hand, warm the Tummy Butter cream to activate the ingredients and gently massage it into the lower abdomen, inner thighs or even wrists for quick application (since the skin is thinner here). Massaging cream helps melt the natural active ingredients and results in a very mild and comforting heat effect. Tummy Butter cream lasts approximately 30 days with daily use, which we recommend, so that the effects can continue and be maintained. Our research with women in pain resulted in noticeable improvements after 60 days of consistent use.

**INGREDIENTS:** We incorporate Wild Yam and Vitex, natural alternatives to estrogen therapy, to promote hormonal balance, and Marshmallow Root to help reduce bloating and fluid retention.\* \*This product is not intended to diagnose, treat, cure or prevent any disease.

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### FREQUENT QUESTIONS:

- **DO YOU WEAR FRAGRANCES OR PERFUMES?** We are proud to say that our formula contains no artificial fragrances. It contains lavender essential oil, which has a light scent, and in addition, studies show that it can reduce anxiety symptoms, has antibacterial properties, and is wonderful for dry skin.
  - **I FEEL HEAT WHEN APPLYING IT. IT IS NORMAL?** You're lucky! We designed a gentle heat effect to provide the maximum relaxing experience; If slight redness occurs, don't worry, it's totally normal.
  - **WHEN CAN I USE TUMMY BUTTER?** The sooner the better, and at any time. Remember to use it every day to achieve greater effect. We recommend that you consult a doctor before using it while taking birth control, pregnant, breastfeeding or planning to conceive.
  - **IF I FORGET TO APPLY TUMMY BUTTER, DOES IT LOSE ITS EFFECTIVENESS?** Think of Tummy Butter as a supplement ? consistency is key! But don't panic if you lose a day here and another there. Once you open the jar, Tummy Butter remains perfect for use up to twelve months later, it is simply advisable to keep it in a cool, dry place!
  - **DOES IT HAVE SIDE EFFECTS?** Great question, and better answer! Women who participated in our clinical trials did not report any side effects or adverse reactions. Remember to consult with your doctor if you have specific concerns.
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- The most effective formulation. Our obsession is to create formulas of the highest quality. We combine ingredients with the most powerful active ingredients and obtain their purest form. We test every formula and create small batches to deliver the best results.
  - Transdermal efficacy Gentle and continuous absorption - with transdermal solutions that do not affect the intestinal flora.
  - Proven results. Works. It's not just us saying it. Our products have been tested by real women in four different studies. We're also proud to say (and brag!) that our chief scientific advisor has been recognized as one of America's TOP doctors.


Easy and effective, without damaging the microbiota. With powerful botanical ingredients such as Vitex, Wild Yam and Marshmallow Root that have been traditionally used to treat symptoms of hormonal imbalances

SPM test results\*

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- 70% reduction in symptoms
- 54% reported a reduction in discomfort in 2.3 days
- 53% Less bloated sensation

\* Test carried out on 230 women for 60 days.

OUR PRODUCTS ARE ENDORSEMENT BY Dr. Elizabeth Poynor, PhD

?I support Glow Botanica's innovative formulations and approach for the ongoing treatment of hormonal wellness and symptoms of aging.?


Dr. Elizabeth Poynor

PhD, OBS/GIN and main scientific advisor of Glow Botanica

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