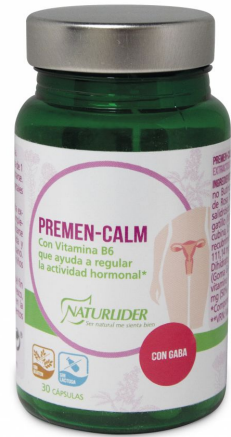


PREMEN CALM NATURLIDER 30 Vcaps

EAN: 8435110851648 FABRICANTE: NATURLIDER



Premen Calm Naturlider is recommended to improve minor symptoms in the days before menstruation: breast tension, irritability, mood swings, tiredness and headaches. Premenstrual Syndrome is characterized by an alteration in the mood, in the circadian rhythm and frequently insomnia that some women suffer during premenstrual syndrome.

DESCRIPTION

Premen Calm Naturlider is a food supplement based on plants, GABA, melatonin and vitamin B6. Chasteberry is effective in treating symptoms associated with **premenstrual syndrome**: breast tension, irritability, mood swings, tiredness, and headaches. GABA is a non-essential amino acid that inhibits overstimulation of the brain and helps promote relaxation and relieve nervous tension.

