



ProSoothe®

INTRODUCED 1996

What Is It?

ProSoothe® is a standardized herbal formula consisting of chaste tree, wild yam, dandelion root, bupleurum root and ginger root extracts, combined with activated vitamin B₆, providing multifaceted support during a woman's menstrual cycle.*

Features Include

- Chaste tree, acting on the pituitary gland and mediating healthy luteinizing hormone (LH) and follicle-stimulating hormone (FSH) secretion. Chaste tree also helps to balance estrogen and progesterone, as well as decrease prolactin secretion.*
- Wild Yam, containing saponins that can be converted into estrogen-like compounds.*
- Dandelion root, helping to ease water-retention.*
- Bupleurum root, maintaining healthy prostaglandin production.*
- Pyridoxal 5' phosphate (activated B₆), promoting menstrual comfort and mood.*
- Ginger root, supporting healthy circulation and digestion.*

Uses For ProSoothe®

Menstrual Comfort and Support: The ingredients in this formula help to provide a favorable balance of progesterone to estrogen and help to modulate the levels of prolactin and prostaglandins.*

What Is The Source?

This formula contains: vitex (chaste tree) extract, dioscorea (wild yam) extract (10:1), dandelion root extract (4:1), bupleurum root extract (5:1), pyridoxal 5' phosphate (activated B₆) and zingiber officinale (ginger root) extract (standardized to contain 5% gingerols).

Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, between meals. Use only during luteal phase of menstrual cycle; i.e, in a typical 28 day cycle, begin on day 14 and take through 1st day of flow. Stop. Begin again on day 14.

Are There Any Potential Side Effects Or Precautions?

Not recommended for pregnant or lactating women. Some individuals may experience stomach upset when taking wild yam. Sensitive individuals may experience heartburn with ginger.

Are There Any Potential Drug Interactions?

This formula may potentially react with certain medications, including: NSAIDS, antibiotics, corticosteroids, diuretics, blood thinning and other heart medications. Consult your physician for more information.

ProSoothe®

each vegetable capsule contains   0

vitex (chaste tree) extract	100 mg.
dioscorea (wild yam) extract (10:1)	100 mg.
dandelion root extract (4:1)	100 mg.
bupleurum root extract (5:1)	100 mg.
pyridoxal 5' phosphate (activated B ₆)	50 mg.
Zingiber officinale (ginger root) extract	30 mg.
(standardized to contain 5% gingerols)	

2-4 capsules per day, in divided doses, between meals. Use only during luteal phase of menstrual cycle; i.e., in a typical 28 day cycle, begin on day 14 and take through 1st day of flow. Stop. Begin again on day 14.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

