

# PMS

## DNA Health Report

REPORT CATEGORY —



MENTAL HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

# Personal information

NAME

Sample Client

SEX AT BIRTH

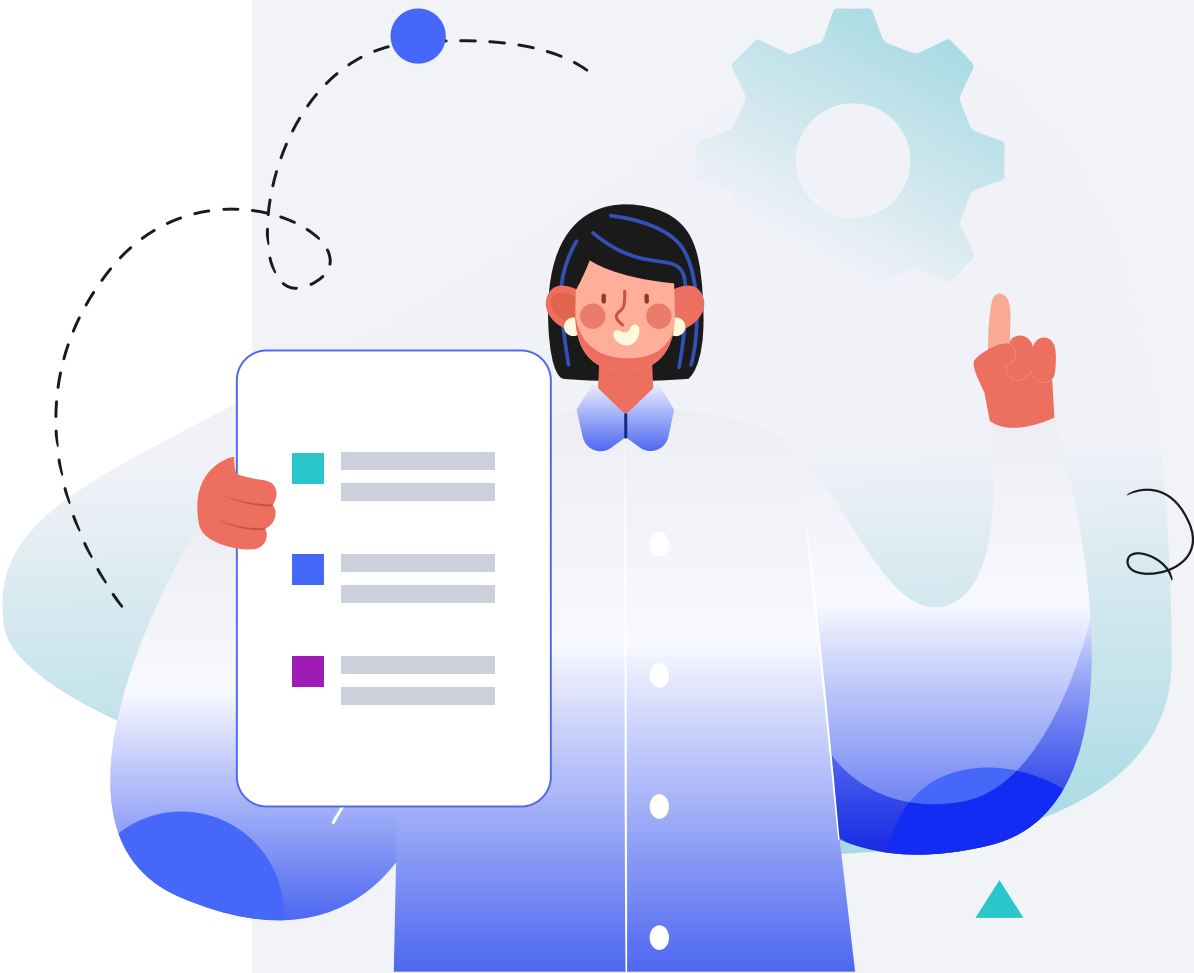
Male

HEIGHT

5ft 5" 165cm

WEIGHT

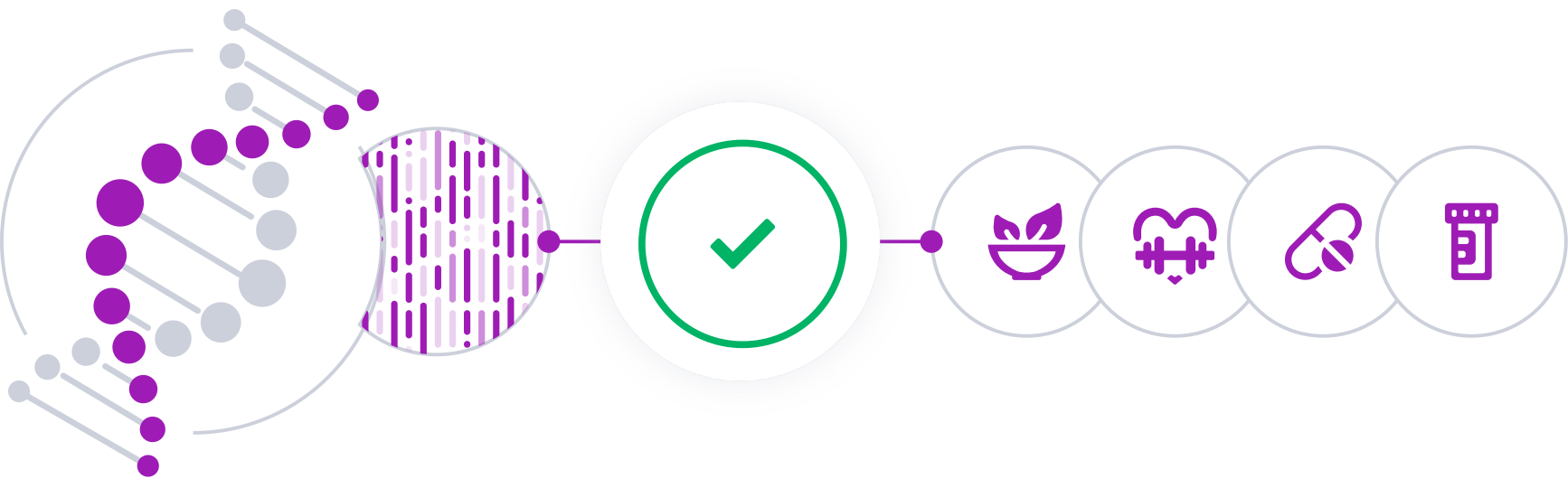
137lb 62kg





# How this works

Our Wellness Reports analyze how your DNA influences your health.  
We then use this analysis to give you personalized risk estimates and recommendations.

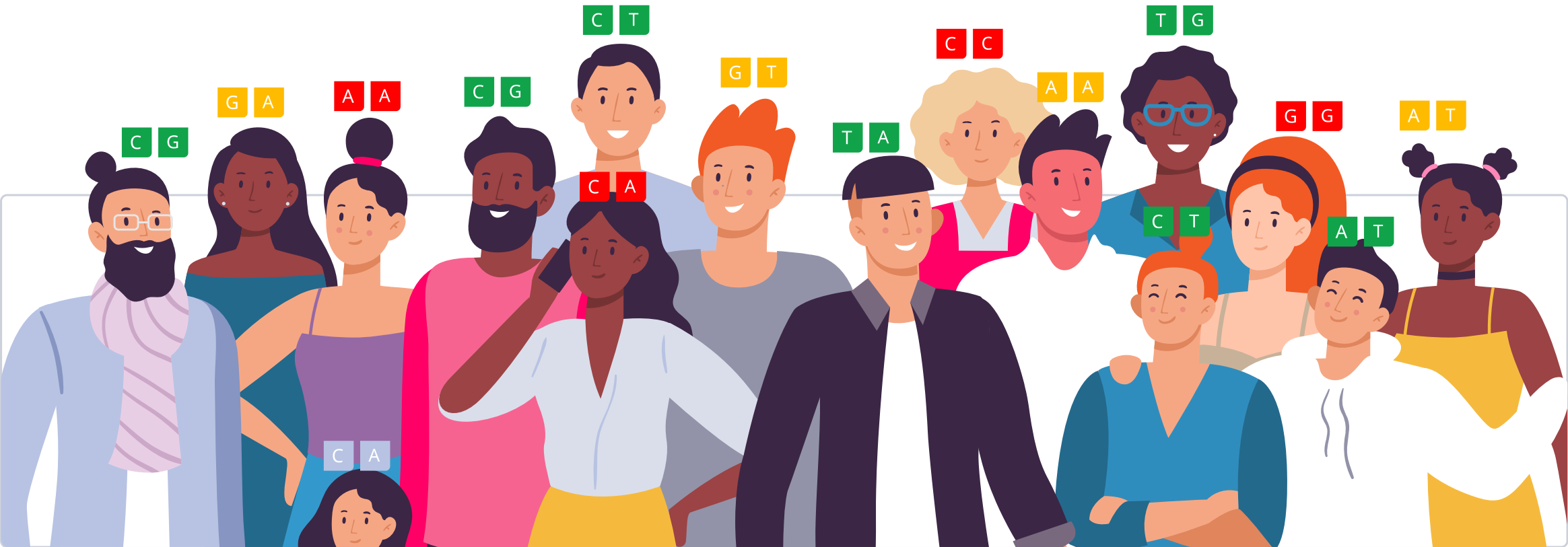


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.  
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.  
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

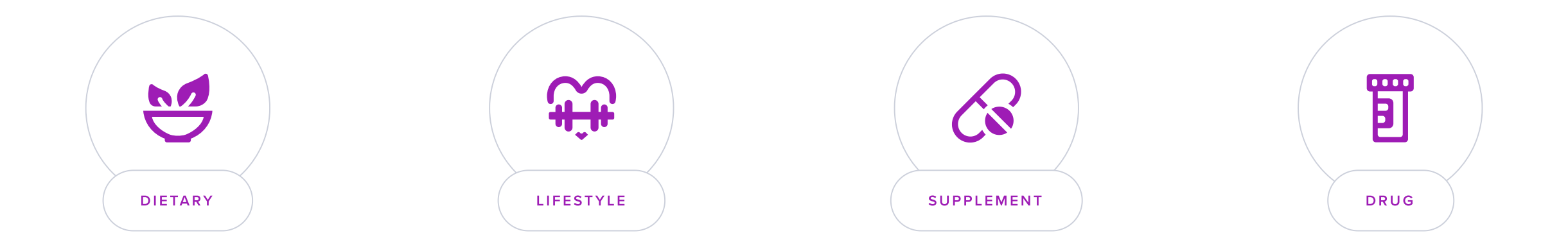
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

**When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.**

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.  
The following icons tell you which category a recommendation falls into:



**Our team of scientists also ranks each recommendation.**  
**We rank based on impact and the strength of evidence in the medical literature.**

Impact shows how strongly a recommendation will affect your health in a certain area.  
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



# Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

## Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
- 
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
- 
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
- 
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
- 
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
- 
- 0 / 5
- No evidence in humans.

## Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- 
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- 
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- 
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- 
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

## Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.



# Introduction

**Premenstrual Syndrome (PMS) is a combination of emotional, physical, and psychological symptoms that some women experience in the days leading up to menstruation.** It's likely related to hormonal changes that occur during the menstrual cycle, although the exact cause remains a subject of research.

Symptoms of PMS can vary in intensity and can range from mild to severe. They may include:

- Mood swings or irritability
- Fatigue
- Tender breasts
- Food cravings or appetite changes
- Joint or muscle pain
- Headache
- Fluid retention or bloating
- Acne flare-ups

While most women might experience some form of premenstrual symptoms, around **20-40%** will experience symptoms severe enough to interfere with their daily activities. PMS can be managed through various means, including lifestyle changes, dietary adjustments, exercise, and in more severe cases, medication.

# Risk Factors and Genetics

Factors that might increase the risk of developing PMS include:

- High levels of stress
- A history of mood disorders such as depression or bipolar disorder
- A family history of PMS or PMDD (Premenstrual Dysphoric Disorder, a more severe form of PMS)
- Smoking
- Being overweight or obese
- Previous traumatic experiences or trauma
- Genetics

Some research suggests that there may be genetic variations affecting hormone levels and brain chemicals that could make certain women more prone to PMS symptoms. For instance, genes related to estrogen metabolism, progesterone receptors, and serotonin pathways may play roles in PMS onset and severity.



TYPICAL LIKELIHOOD

Typical likelihood of having PMS based on 25,476 genetic variants we looked at





# Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

| DOSAGE |                                   | DOSAGE  |    |                                  |            |
|--------|-----------------------------------|---------|----|----------------------------------|------------|
| 1      | Aerobic Exercise (Cardio)         | 1 hour  | 2  | Chasteberry                      | 150 mg     |
| 3      | Zinc                              | 15 mg   | 4  | Yoga                             | 30 minutes |
| 5      | Maintain Optimal Vitamin D Levels | 1000 iu | 6  | Pyridoxine (Vitamin B6)          | 50 mg      |
| 7      | Calcium Supplements               | 1000 mg | 8  | Swimming                         | 30 minutes |
| 9      | Ginkgo                            | 120 mg  | 10 | Bitter Orange Aromatherapy       | 30 minutes |
| 11     | Magnesium                         | 350 mg  | 12 | Aromatherapy                     | 30 minutes |
| 13     | Sage Extract                      | 300 mg  | 14 | Royal Jelly                      | 300 mg     |
| 15     | Phosphatidylserine                | 300 mg  | 16 | Soy Isoflavones                  | 40 mg      |
| 17     | Myo-inositol                      | 4 g     | 18 | Chamomile                        | 300 mg     |
| 19     | Omega-3 (Fish Oil)                | 2000 mg | 20 | Orange Blossom Aromatherapy      |            |
| 21     | Lecithin                          | 7 g     | 22 | Tryptophan                       | 500 mg     |
| 23     | Inositol                          | 2 g     | 24 | Exercise At Least One Hour a Day | 1 hour     |
| 25     | Dietary Pyridoxine (Vitamin B6)   |         | 26 | Apply Heat                       | 15 minutes |
| 27     | Regular Sleep Schedule            |         | 28 | Leafy Green Vegetables           |            |
| 29     | Vitamin E                         | 200 iu  | 30 | Vitamin B12 And Folate           |            |
| 31     | Dietary Iron                      |         | 32 | Berries                          |            |

|    |                                           |            |
|----|-------------------------------------------|------------|
| 33 | Dietary Magnesium                         |            |
| 34 | Whole Grains                              |            |
| 35 | Dietary Calcium                           |            |
| 36 | Limit Caffeine Intake                     |            |
| 37 | Flaxseed                                  | 2 tbsp     |
| 38 | Mindfulness Meditation                    | 30 minutes |
| 39 | Sleep for 7+ Hours                        |            |
| 40 | Cognitive-Behavioral Therapy (CBT)        |            |
| 41 | Brown rice                                |            |
| 42 | Magnesium And Pyridoxine (Vitamin B6)     | 250 mg     |
| 43 | Vitamin D and Calcium                     |            |
| 44 | Salmon                                    |            |
| 45 | Dietary Omega-3 Fatty Acids               |            |
| 46 | Mindfulness-Based Stress Reduction (MBSR) | 2 hours    |

1



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 5

## How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

## Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

**Interval training** is a type of cardio that combines periods of high-intensity training with brief rest periods.

## How it helps

**Experts recommend physical activity to manage some PMS symptoms such as fatigue and low mood.** Practicing 30 daily minutes of aerobic exercise such as brisk walking, cycling, or swimming most days of the week may help [\[R, R\]](#).

Aerobic exercise may help with [\[R, R, R, R, R\]](#):

- Anxiety
- Depression and changing mood
- Confusion and impaired concentration
- Sleeplessness
- Fatigue
- Breast tenderness
- Cramps
- Bloating
- Swelling
- Headache
- Hot flashes
- Digestive symptoms

2



Chasteberry

IMPACT3 / 5

EVIDENCE2 / 5

## How to implement

Take 150-500 mg of chasteberry extract daily, ideally in the morning to align with the body's natural hormonal rhythms. This dose is typically recommended for a duration of at least three months to evaluate its effectiveness on symptoms.

TYPICAL STARTING DOSE

150 mg

## Description

Chasteberry, also known as chaste tree or Vitex, is an herb commonly used to support women's health, particularly in addressing symptoms of premenstrual syndrome (PMS) and hormonal imbalances. It may help regulate the menstrual cycle and alleviate some PMS symptoms.

Chasteberry is the fruit of the chaste tree (*Vitex agnus-castus*), a plant native to Europe and Asia [\[R\]](#), [\[R\]](#).

Early studies note that chasteberry may help with menstrual problems [\[R\]](#).

## How it helps

Two meta-analyses (the largest one with 14 studies) concluded that supplementation with chasteberry has positive effects on PMS symptoms. However, the authors warned about the high heterogeneity and risk of bias of the included studies [\[R\]](#), [\[R\]](#).

Chasteberry may improve PMS symptoms such as irritability, mood swings, and headaches by affecting hormonal balance, particularly prolactin levels.

**Please note:** *Chasteberry may not be safe for women who are pregnant or breastfeeding. It may also not be safe for women with hormone-related conditions, such as some cancers. Chasteberry may interact with some medications. Talk to your doctor before taking chasteberry* [\[R\]](#).



3



Zinc

IMPACT

3 / 5

EVIDENCE

2 / 5

## How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

## Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

## How it helps

Zinc supplementation has shown promising results in alleviating symptoms of Premenstrual Syndrome (PMS). Clinical trials reveal that zinc can significantly reduce both physical and psychological symptoms of PMS, improve sleep quality, and enhance overall quality of life in young women.

- Supplementing with 30 mg of zinc gluconate daily for 12 weeks in young women with premenstrual syndrome reduced physical and psychological symptoms, increased BDNF, and improved total antioxidant capacity [\[R\]](#).
- Zinc supplementation for 12 weeks improved physical aspects of quality of life and marginally improved sleep quality in young women with premenstrual syndrome [\[R\]](#).
- Another study showed that oral zinc supplements (50 mg taken twice daily for four days before menstruation onset) effectively reduced the severity of dysmenorrhea and improved menstrual bleeding and premenstrual symptoms [\[R\]](#).

In summary, zinc supplementation, particularly in the form of zinc gluconate at a dosage of 30 mg daily, has been shown to be beneficial in reducing the symptoms of PMS. This includes improvements in physical and psychological symptoms, enhanced quality of life, and better sleep quality. The therapeutic effects of zinc in PMS are attributed to its anti-inflammatory, antioxidant, and antidepressant-like properties, which are reflected in increased total antioxidant capacity and brain-derived neurotrophic factor levels.

4



Yoga

IMPACT

2 / 5

EVIDENCE

3 / 5

## How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

## Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

## How it helps

Yoga may help manage PMS symptoms, except physical symptoms [\[R\]](#).

Yoga may help through stretching, strengthening, and relaxation techniques.

5



Maintain Optimal Vitamin D Levels

IMPACT

2 / 5

EVIDENCE

2 / 5

## How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

## Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

## How it helps

Supplementation with vitamin D may improve PMS symptoms such as mood issues, backache, or fatigue. Vitamin D may be most effective in those with low baseline levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

**Please note:** *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

6



Pyridoxine (Vitamin B6)

IMPACT

2 / 5

EVIDENCE

1 / 5

## How to implement

Take a pyridoxine (vitamin B6) supplement daily. Requirements range from 1.3 to 1.7 milligrams per day for adults, but supplement doses usually start from 50 mg. Consult with a healthcare provider for higher doses or specific medical conditions that might benefit from increased supplementation.

TYPICAL STARTING DOSE

50 mg

## Description

A **vitamin B6 supplement** of up to 1.3-1.7 mg per day can be taken to meet needs not achieved through diet. Long term supplementation of vitamin B6 can be problematic, so talk to your doctor before using.

## How it helps

A double-blind crossover trial investigated pyridoxine's (vitamin B6) effects at 50 mg/day on premenstrual syndrome symptoms in 63 women aged 18-49 with moderate to severe symptoms. Pyridoxine showed significant improvement in emotional symptoms (depression, irritability, and tiredness) [\[R\]](#).

In a study involving 617 patients with premenstrual symptoms, pyridoxine and placebo treatments improved 7 out of 9 symptoms, with significant global improvement in the pyridoxine group [\[R\]](#).

In a separate study with 60 female patients, three treatment groups were assessed. The control group showed no significant change in symptoms, while the bromocriptine and pyridoxine groups exhibited reduced premenstrual symptoms. Pyridoxine was found to be more effective with fewer side effects than bromocriptine for treating premenstrual syndrome [\[R\]](#).



7



Calcium Supplements

IMPACT2 / 5

EVIDENCE1 / 5

## How to implement

Take 500-600 mg of calcium supplement twice daily with food. For best absorption, do not exceed 600 mg at one time and ensure a total daily intake of 1000-1200 mg from all sources, including diet. Continue indefinitely for ongoing support of bone health.

TYPICAL STARTING DOSE

1000 mg

## Description

Calcium supplements are commonly used to support bone health and prevent conditions like osteoporosis. Adequate calcium intake is essential for maintaining strong bones and teeth.

[Calcium](#) is the most abundant mineral in the human body. It is vital for the bones, heart, muscles, and nervous system [\[R\]](#).

**Your body gets calcium from food and needs vitamin D to help absorb it.** Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

## How it helps

In a placebo-controlled trial of 78 women, three months of daily calcium supplementation (1,000 mg of calcium carbonate) reduced PMS symptoms during luteal and menstrual phases, with 73% reporting improvement. Calcium also alleviated negative effects, water retention, and pain [\[R\]](#).

Calcium supplementation may help reduce some symptoms of PMS such as fatigue, cravings, and depression due to its role in neurotransmitter synthesis and muscle contraction.

**Please note:** calcium competes with iron for absorption in the intestines, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using calcium supplements.



8



Swimming

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Incorporate swimming into your routine for at least 30 minutes, 3 times a week. Choose a pace and stroke that keeps your heart rate elevated yet allows you to breathe comfortably. Continue this practice regularly for long-term health benefits.

TYPICAL STARTING DOSE

30 minutes

## Description

Swimming is a whole-body workout that engages various muscle groups, promoting strength and endurance. It helps keep the heart and lungs healthy, improves flexibility, and can even help reduce stress. Regular swimming is a great way to maintain a balanced, fit, and healthy lifestyle.

## How it helps

In a non-placebo-controlled trial of 70 women with PMS, swimming improved anxiety, depression, tension, mood changes, feeling out of control, sleeplessness, fatigue, swelling, weak coordination, confusion, headache, tiredness, pain, breast tenderness, and cramps [R].

9



Ginkgo

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

## Description

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [R, R].

According to limited evidence, ginkgo leaf extract may help with [R, R, R, R]:

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

## How it helps

In a single-blind, randomized, placebo-controlled trial with students experiencing PMS, Ginkgo biloba tablets significantly reduced the severity of PMS symptoms compared to a placebo group, demonstrating its potential effectiveness.[R]

10



Bitter Orange Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Inhale the scent of bitter orange essential oil using a diffuser for 15-30 minutes daily. Ensure the room is well-ventilated and that the pure essential oil is diluted with water according to the diffuser's instructions.

TYPICAL STARTING DOSE

30 minutes

## Description

Bitter orange aromatherapy involves the use of essential oil extracted from the blossoms of the bitter orange (*Citrus aurantium*) tree. It has been studied for its potential health effects, particularly in the context of alleviating symptoms associated with PMS.

## How it helps

Aromatherapy using bitter orange blossom essential oil significantly improved overall symptoms and psychological symptoms of PMS in a double-blind clinical trial of 62 students. However, it did not have a significant impact on physical symptoms and social function related to PMS [\[R\]](#).

11



Magnesium

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

## Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

## How it helps

In a study of 38 women, magnesium supplementation reduced PMS-H symptoms (weight gain, swelling, breast tenderness, bloating) significantly after the first month. A 200-mg daily magnesium supplement alleviated mild premenstrual fluid retention symptoms in the second cycle [\[R\]](#).

12



Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

## Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

## How it helps

In a placebo-controlled trial of 66 women with PMS, aromatherapy with 5% Damask rose oil (5 minutes, 2x/day, for a total of 5 days) improved psychological, physical, social, and total PMS symptoms. Inhalation aromatherapy with lavender oil improved anxiety, depressive affect, nervousness, pain, bloating, and depressive thoughts in a placebo-controlled trial of 77 University students with PMS [\[R\]](#), [\[R\]](#).



13



Sage Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take sage extract in supplement form, ideally in doses ranging from 300 to 600 mg daily, divided into 2 or 3 doses throughout the day. It is recommended to follow this regimen for at least 1 to 2 months to evaluate its effects on cognitive function and mood improvements.

TYPICAL STARTING DOSE  
300 mg

## Description

Common sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region. The main compounds in sage extract include essential oils like thujone and cineole, which contribute to its flavor and potential benefit for sore throats and digestive issues [R].

People commonly use sage as a spice and a traditional remedy for [R, R]:

- Sore throat
- Mood
- Blood sugar and cholesterol control
- Heavy sweating

## How it helps

In a triple-blinded randomized clinical trial with 90 college students in Tehran, Iran, participants taking 500 mg Salvia officinalis capsules daily for 2 months experienced a significant reduction in the severity of PMS symptoms, both physical and psychological. The decrease was more notable in the Salvia officinalis group compared to the placebo group (p < 0.001). Salvia officinalis was found to be an effective alternative for alleviating PMS symptoms [R].

**Please note:** rosmarinic acid from sage may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using sage extract and always consult with a healthcare provider before taking this supplement [R].



14



Royal Jelly

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take a royal jelly supplement daily, starting with a dose of approximately 300 mg to 500 mg. It can be consumed either in capsule form or directly, depending on your preference, for a period ranging from 3 to 6 months to observe the potential health benefits.

TYPICAL STARTING DOSE

300 mg

## Description

Royal jelly is a nutrient-rich substance secreted by worker bees to feed bee larvae and the queen bee. Royal jelly contains protein B-vitamins, calcium and iron. It is taken as a supplement for it's potential energy-boosting and immune-supporting properties.

## How it helps

In a [placebo-controlled trial of 110 students with premenstrual syndrome](#), consuming royal jelly capsules (1000 mg/day) for 2 months **decreased PMS score** [\[R\]](#).

15



Phosphatidylserine

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take 100 mg of phosphatidylserine three times daily with meals. Continue this regimen for up to 6 months to evaluate its effectiveness.

TYPICAL STARTING DOSE

300 mg

## Description

Phosphatidylserine is a naturally occurring phospholipid found in cell membranes, primarily in animal-based sources such as meat and fish. It is commonly used as a dietary supplement to potentially support cognitive function and memory, as well as age-related cognitive decline and improving focus and mental clarity.

[Phosphatidylserine](#) is a major component of all cell membranes. It’s found in high amounts in the brain, and it helps support brain function.

People use phosphatidylserine as a supplement to improve mental focus, memory, and mood.

## How it helps

In a study of 40 women with PMS, those receiving PS (400 mg PS and 400 mg PA daily) experienced significant symptom improvements compared to a placebo. PS improved physical and depressive symptoms, reduced productivity loss, and had favorable cortisol level effects. [\[R\]](#)

16



Soy Isoflavones

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take a soy isoflavone supplement containing 40 to 80 milligrams daily, ideally with food to improve absorption. This dosage can be continued on a daily basis for several months, but it's recommended to reevaluate its effectiveness and any potential side effects with a healthcare provider periodically.

TYPICAL STARTING DOSE

40 mg

## Description

Soy isoflavones are natural compounds found in soybeans and soy products. They are phytoestrogens, which means they can mimic the effects of estrogen in the body and are associated with potential health benefits like menopausal symptom relief and improved heart health.

**Soy is a common food in many cuisines around the world**, especially Asian cuisines [\[R\]](#).

It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

## How it helps

A study investigated the effects of soy isoflavones on premenstrual syndrome symptoms in 23 women and found that supplementation with 68 mg/day reduced specific symptoms like headache and breast tenderness [\[R\]](#).

17



Myo-inositol

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take 2 grams of myo-inositol supplement orally twice a day, preferably with meals to enhance absorption. This regimen should be followed daily for at least 6 months to observe significant benefits.

TYPICAL STARTING DOSE

4 g

## Description

Myo-inositol is a naturally occurring compound that plays a role in various cellular functions. It is used in dietary supplements and is believed to have potential benefits for mental health, hormone regulation, and insulin sensitivity.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

## How it helps

In a two-phase clinical trial for PMDD, myo-inositol in powder and soft gel capsules demonstrated significant improvements in Daily Symptoms Records, Hamilton Depression Rating, and Clinical Global Impression-Severity of Illness scales. Both formulations showed similar results [\[R\]](#).

In a double-blind, placebo-controlled study on PMDD, myo-inositol at a dose of 12 g daily during the luteal phase did not show a beneficial effect compared to placebo in 11 female patients with PMDD, despite its effectiveness in other psychiatric disorders [\[R\]](#).

18



Chamomile

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take chamomile supplements in the form of capsules or tablets, usually ranging from 300 to 400 mg, up to three times daily between meals. If using chamomile tea as a supplement, drink 1 to 4 cups daily.

TYPICAL STARTING DOSE

300 mg

## Description

Chamomile is an herbal remedy derived from the dried flowers of the chamomile plant. It is widely used for its calming and soothing properties

Chamomile is an herb native to Africa, Asia, and Europe. It was used as a traditional herbal remedy in ancient Greece, Rome, and Egypt. Today, chamomile is used in cosmetics, aromatherapy, tea, and supplements. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin problems
- Period cramps
- Gut problems
- Sleep quality
- Mood

## How it helps

In a non-placebo-controlled trial of 90 female students, supplementation with chamomile (100 mg, 3x/day) for 2 menstrual cycles was more effective than mefenamic acid (250 mg, 3x/day) at reducing emotional symptoms of PMS and as effective as the drug at reducing physical symptoms [\[R\]](#).



19



Omega-3 (Fish Oil)

IMPACT1 / 5

EVIDENCE1 / 5

## How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

## Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

**Fatty fish are rich in EPA and DHA.** They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

## How it helps

In a randomized trial of 95 Iranian women with premenstrual symptoms, omega-3 supplements (1 g fish oil) significantly reduced most symptoms and improved quality of life over time compared to a placebo group, with no baseline differences between groups. Omega-3 supplements provided longer-term symptom improvement [\[R\]](#).

Omega-3 fatty acids in fish oil can reduce the inflammation and pain that come with PMS, and they are also influential in mood regulation.

20



Orange Blossom Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Diffuse orange blossom essential oil in your living area or bedroom for 15-30 minutes at a time, ideally 2-3 times a day. Ensure the room is well-ventilated, and avoid direct inhalation from the bottle. Discontinue if any allergic reactions occur.

## Description

Orange blossom is the fragrant flower of the bitter orange tree (*Citrus aurantium*). Its delicate, sweet scent has made it a popular ingredient in perfumes, cosmetics, and culinary creations.

Orange blossom is known for its potential to reduce anxiety when inhaled as an essential oil, making it a calming choice for aromatherapy.

People also use aromatherapy with orange blossom to help with:

- Sleep complaints
- Menopausal symptoms
- Premenstrual syndrome (PMS)
- High blood pressure

## How it helps

In a double-blind trial of 62 students, inhaling orange blossom essential oil (0.5%) reduced overall symptoms and psychological PMS symptoms after 1-2 months of intervention [R].



21



Lecithin

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take 1-2 tablespoons (7-14 grams) of lecithin granules or powder daily, or as directed on the supplement label. You can mix it with food or juice to improve palatability. For lecithin capsules or softgels, follow the dosage recommendation on the product label, typically 1-2 capsules daily with meals.

TYPICAL STARTING DOSE

7 g

## Description

Lecithin is a natural emulsifier often used as a dietary supplement. It may support liver health and cognitive function due to its choline content, which is a precursor to neurotransmitters and involved in fat metabolism.

## How it helps

In a study of 40 women aged 18-45 with PMS, those taking PAS (400 mg PS & 400 mg PA per day) showed significant PMS symptom improvement (DRSP Total score,  $p = 0.001$ ) over 3 cycles. PAS-treated women reported better physical and depressive symptom relief, less productivity reduction, and reduced relationship interference. PAS didn't impact meeting PMS/PMDD criteria by SIPS. PAS reduced cortisol increase during CAR in the follicular phase and serum cortisol levels compared to placebo. This study supports PAS efficacy in PMS symptom reduction and suggests safety [\[R\]](#).

22



Tryptophan

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take 500 mg of tryptophan supplement daily. This dosage can be taken all at once, preferably before bedtime to support sleep, or as directed by a healthcare professional.

TYPICAL STARTING DOSE

500 mg

## Description

Tryptophan is an essential amino acid found in various protein-rich foods. It serves as a precursor for serotonin, a neurotransmitter that plays a role in mood regulation. Tryptophan is used in dietary supplements to potentially support mood and sleep disorders, although its effectiveness can vary among individuals.

[Tryptophan](#) is an amino acid. Your body uses it to make proteins and some hormones. **Humans can’t make tryptophan, so we need to get it from protein-rich foods** [\[R, R\]](#).

Your body uses tryptophan to make [serotonin](#) and [melatonin](#). **These brain chemicals are important for mood and sleep** [\[R, R\]](#).

An average adult needs at least **250-425 mg** of tryptophan per day, which is the amount you can get from [\[R\]](#):

- A pound of turkey or chicken
- Two cups of milk
- An ounce of canned tuna
- Two cups of oatmeal

Other foods high in tryptophan include **cheddar cheese, peanuts, pumpkin seeds, and seafood**. Most people get enough tryptophan from their diets, but supplements are also available [\[R, R\]](#).

## How it helps

The Visual Analogue Scales (VAS) revealed a significant (p = .004) therapeutic effect of L-tryptophan relative to placebo for the cluster of mood symptoms comprising the items of dysphoria, mood swings, tension, and irritability. [\[R\]](#)

23



Inositol

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Take inositol as a daily supplement, usually available in powder or capsule form. The typical dosage ranges from 2 grams to 18 grams per day, divided into smaller doses taken with meals and water to aid absorption. It's important to start with a lower dose and gradually increase to avoid digestive side effects.

TYPICAL STARTING DOSE

2 g

## Description

Inositol is a naturally occurring compound that plays a role in cell signaling and neurotransmitter function. It has been studied for its potential in promoting mental health and managing conditions like anxiety and depression when used as a supplement under the guidance of a healthcare professional.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

## How it helps

In a two-phase clinical trial for PMDD, myo-inositol in powder and soft gel capsules demonstrated significant improvements in Daily Symptoms Records, Hamilton Depression Rating, and Clinical Global Impression-Severity of Illness scales. Both formulations showed similar results [\[R\]](#).

In a double-blind, placebo-controlled study on PMDD, myo-inositol at a dose of 12 g daily during the luteal phase did not show a beneficial effect compared to placebo in 11 female patients with PMDD, despite its effectiveness in other psychiatric disorders [\[R\]](#).

24



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

## Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

## How it helps

Regular exercise helps reduce PMS symptoms by releasing endorphins, which are natural mood lifters. It also improves blood circulation and reduces stress.



25



### Dietary Pyridoxine (Vitamin B6)

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Increase your intake of vitamin B6 by eating more foods rich in this nutrient, such as bananas, chickpeas, tuna, salmon, chicken breast, and spinach. Aim for a balanced diet that includes these foods regularly, about 2-3 servings of B6-rich foods per day, to help meet the general daily requirement of 1.3mg for adults.

## Description

Vitamin B6 is involved in over 100 enzyme reactions in the body and plays a role in brain development, immune function, and hormone regulation. It is found in foods like poultry, fish, potatoes, and bananas.

[Vitamin B6](#) (*pyridoxine*) is important for nervous and immune system health [\[R\]](#).

Good sources of vitamin B6 include [\[R\]](#):

- Poultry
- Fish
- Potatoes
- Chickpeas
- Bananas
- Fortified cereals

## How it helps

Vitamin B6 is linked to improved mood and reduced bloating in women experiencing PMS.

26



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

## Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

## How it helps

Applying heat to the lower abdomen can ease menstrual cramps, which are a common symptom of PMS.

27



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

## Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

## How it helps

Maintaining a consistent sleep schedule can help regulate mood and improve overall well-being, alleviating PMS symptoms.



28



Leafy Green Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Incorporate at least one serving of leafy green vegetables, such as spinach, kale, or Swiss chard, into your diet daily. This can be done by adding them to salads, smoothies, or as a side dish to your meals.

## Description

Leafy green vegetables like spinach and kale are packed with vitamins, minerals, and antioxidants. Incorporating them into your diet can promote overall health by providing essential nutrients, supporting digestion, and reducing the risk of chronic diseases like heart disease and certain cancers.

Leafy green vegetables, also called leafy greens, or greens, are edible plant leaves, which can include stalks and shoots as well. Common examples include: lettuce, spinach, kale, chard, endive, and fennel.

Leafy greens contain a host of vitamins and minerals, as well as fiber. Most of them are a particularly good source of vitamin K.

## How it helps

Leafy greens are high in iron and B vitamins, helping to combat fatigue and mood swings associated with PMS.

29



Vitamin E

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

## Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

## How it helps

Vitamin E can help reduce the severity of PMS symptoms, particularly breast tenderness and mood swings, due to its antioxidant properties and hormonal regulation.

30



Vitamin B12 And Folate

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take a combined supplement of vitamin B12 and folate daily. For adults, the typical dose is 2.4 mcg of B12 and 400 mcg of folate. This supplement should be taken with water and a meal to enhance absorption.

## Description

Vitamin B12 and folate (vitamin B9) work together to support DNA synthesis and red blood cell formation. Both are essential for preventing megaloblastic anemia and are commonly found in a variety of foods, including leafy greens, legumes, and fortified cereals.

## How it helps

Vitamin B12 and Folate can help relieve PMS symptoms by reducing levels of homocysteine, an amino acid linked to mood disturbances. This can improve mood and reduce fatigue.

31



Dietary Iron

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

## Description

**Iron** (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

**Women** should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

## How it helps

Genetically higher levels of iron may be linked to a decreased risk of PMS symptoms like confusion, nausea, and headaches [\[R\]](#).

Dietary iron replenishes the iron lost during menstrual bleeding, reducing weakness and fatigue. It also aids in the production of serotonin, a hormone that can alleviate pain and mood swings associated with menstruation.

**Please note:** *Increased iron intake from meat is linked to higher odds of diabetes and heart disease. Try to find a balance between plant and animal iron sources* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).



32



Berries

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Incorporate a variety of berries such as strawberries, blueberries, raspberries, and blackberries into your daily diet. Aim for at least one cup of fresh or frozen berries every day, either as a snack, part of your breakfast (such as in oatmeal or yogurt), or as a dessert.

## Description

Berries, such as strawberries, blueberries, and raspberries, are packed with antioxidants, vitamins, and fiber. Regular consumption of berries may support heart health, improve cognitive function, and contribute to overall well-being.

## How it helps

Berries are high in fiber and have anti-inflammatory properties, which can help with digestive issues and combat inflammatory symptoms during PMS.

33



Dietary Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Increase your intake of magnesium-rich foods such as leafy green vegetables, nuts, seeds, and whole grains. Aim to include these foods in your diet daily, following the recommended dietary allowance of 320 mg per day for women and 420 mg per day for men.

## Description

Magnesium is a vital mineral involved in over 300 biochemical reactions in the body. It supports various functions, including muscle and nerve function, bone health, and blood sugar regulation.

**Magnesium** is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

## How it helps

Magnesium can have beneficial effects like reducing water retention and improving mood during PMS.

34



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

## Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

## How it helps

Whole grains provide B vitamins and fiber, which can help with PMS-related constipation and support overall mood.



35



Dietary Calcium

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Consume 1,000-1,200 mg of calcium daily through dietary sources such as dairy products (milk, yogurt, cheese), green leafy vegetables (kale, broccoli), and fortified foods (orange juice, plant-based milks). Adults under 50 need 1,000 mg per day, while those over 50 should aim for 1,200 mg per day.

## Description

Dietary calcium is a mineral found in dairy products, leafy greens, and fortified foods. It is essential for bone health, muscle function, and nerve transmission.

[Calcium](#) is the most abundant mineral in the human body. It is vital for the bones, heart, muscles, and nervous system [\[R\]](#).

**Your body gets calcium from food and needs vitamin D to help absorb it.** Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

## How it helps

Adequate calcium intake could help in reducing mood symptoms, water retention, and pain associated with PMS.

36



Limit Caffeine Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

## Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

## How it helps

Lowering caffeine consumption can help manage PMS symptoms like anxiety and breast tenderness.

37



Flaxseed

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Consume 2 tablespoons of ground flaxseed daily. You can add it to your breakfast cereal, smoothies, or salads.

TYPICAL STARTING DOSE

2 tbsp

## Description

Flaxseed is a nutrient-dense food that's high in fiber and omega-3 fatty acids. It may contribute to heart health, promote digestive regularity, and help manage cholesterol levels when included in a balanced diet.

[Flaxseed](#) is a common ingredient in bakery products. Some people also use it as a health food to support digestion [\[R\]](#).

Flaxseed is rich in many compounds, including [\[R\]](#):

- Vitamins and minerals
- Protein
- Fiber
- Omega-3 fatty acids ([ALA](#))

## How it helps

Flaxseed is rich in lignans and omega-3 fatty acids, which can help with PMS symptoms by maintaining hormone balance.

38



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

## Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

## How it helps

Practicing mindfulness meditation can reduce stress, anxiety, and mood swings by promoting relaxation and emotional regulation.

39



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

## Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

## How it helps

Getting enough sleep can help regulate hormones and mood, which may reduce the severity of PMS symptoms like irritability and fatigue.

40



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

## Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

**Psychotherapy (talk therapy) involves talking about your health with a licensed therapist.** It may improve the way you react to certain experiences [\[R\]](#).

**Talk therapy is a great way to improve many conditions,** including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

**Cognitive-behavioral therapy (CBT)** is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

## How it helps

CBT can be effective in managing the emotional and mood-related symptoms of PMS through the development of coping strategies.



41



Brown rice

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Replace white rice with brown rice in your meals. Aim to consume brown rice 3-4 times a week, incorporating it into dishes such as stir-fries, salads, or as a side to your main protein source. Start with a serving size of about 1/2 to 1 cup of cooked brown rice per meal.

## Description

Brown rice is a whole grain rich in fiber, vitamins, and minerals. It provides sustained energy, supports digestive health, and contributes to overall nutritional well-being.

**Brown rice** contains a host of B-vitamins including thiamine, and minerals like magnesium, phosphorus, manganese, and selenium. A ½ cup serving provides 0.1 mg of thiamine or 8%DV.

## How it helps

Brown rice has B vitamins and magnesium, which may play a role in relieving symptoms like moodiness and tension.

42



Magnesium And Pyridoxine (Vitamin B6)

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take a supplement that combines 250 mg of magnesium with 25-50 mg of Vitamin B6 daily, ideally with a meal to enhance absorption and minimize any potential digestive discomfort. It is generally recommended to continue this regimen for at least one month to evaluate its effectiveness.

TYPICAL STARTING DOSE

250 mg

## Description

The combination of magnesium and vitamin B6 is often used to support nervous system function and alleviate symptoms of premenstrual syndrome (PMS). These nutrients may help reduce mood swings and alleviate discomfort associated with PMS.

## How it helps

Magnesium paired with Vitamin B6 can help alleviate mood changes, bloating, and breast tenderness associated with PMS by modulating serotonin levels and reducing water retention.

43



Vitamin D and Calcium

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

## Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

## How it helps

A combination of Vitamin D and Calcium has been shown to alleviate PMS symptoms such as mood swings and physical discomfort by regulating calcium levels and improving neurotransmitter function.

44



Salmon

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Incorporate at least two servings of salmon into your weekly diet, aiming for each serving to be about 3.5 ounces (100 grams), cooked. Choose wild-caught salmon when possible for higher omega-3 content.

## Description

Salmon is a nutrient-rich fish known for its high content of omega-3 fatty acids, which can support heart health and reduce inflammation. It's also an excellent source of protein, vitamin D, and various minerals.

## How it helps

Salmon is rich in omega-3 fatty acids, which may help in reducing the intensity of PMS symptoms.

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Dietary Omega-3 Fatty Acids

IMPACT

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EVIDENCE

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## How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

## Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

**Fatty fish are rich in EPA and DHA.** They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

## How it helps

Omega-3 fatty acids can help reduce inflammation and may alleviate some symptoms of PMS such as bloating and breast tenderness.

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Mindfulness-Based Stress Reduction (MBSR)

IMPACT

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EVIDENCE

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## How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

## Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

## How it helps

MBSR can significantly decrease the severity of PMS symptoms by promoting relaxation and reducing stress. It involves mindfulness meditation and awareness exercises that help manage emotions.



# Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

## Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

|                         |              |              |                                                                                                                   |             |
|-------------------------|--------------|--------------|-------------------------------------------------------------------------------------------------------------------|-------------|
| <div><div>✓</div></div> | Progesterone | 0.22 ng/mL   | <div><div><div>✓</div></div><div><div>0</div><div>1.4</div></div></div>                                           | 9 Nov 2025  |
| <div><div>✓</div></div> | Magnesium    | 2.17 mg/dL   | <div><div><div>✓</div></div><div><div>1.2</div><div>1.5</div><div>2</div><div>2.6</div><div>4.9</div></div></div> | 9 Nov 2025  |
| <div><div>!</div></div> | Estradiol    | 101.46 pg/mL | <div><div><div></div></div><div><div>10</div><div>25</div><div>50</div></div><div><div></div></div></div>         | 9 Nov 2025  |
| <div><div>✓</div></div> | Vitamin B6   | 55 ng/mL     | <div><div><div>✓</div></div><div><div>5</div><div>8.15</div><div>115.4</div></div></div>                          | 13 Jan 2026 |