



KINGWOOD

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Vitamin Regimen

The following vitamin combination has been shown to be helpful in minimizing mood and physical symptoms associated with premenstrual syndrome, perimenopausal symptoms and post-partum depression. All three of these have in common hormone fluctuation that may be made worse by certain vitamin deficiencies.

Please take these daily, not only on symptom days. They can be found over the counter at most drug stores or grocery stores.

Calcium 1200mg daily (Account for your dairy intake in the total as well)
Magnesium 200mg daily
Vitamin E 400 I.U. (International units) daily
Vitamin B-6 100mg daily
Vitamin D 1,000 I.U. (International units) daily
Omega 3 Fatty-acids 1,000-2,000mg daily

Serenol is an herbal combination that improves PMS symptoms as well. It is taken 2 tablets daily and needs to be taken 6-8 weeks before seeing an improvement in symptoms.