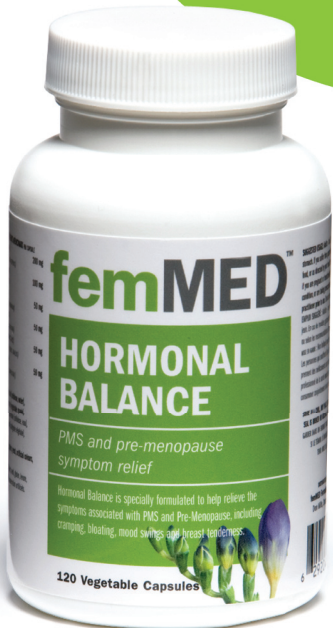


Kiss chocolate cravings,  
elastic waistbands and  
mood swings good-bye.



“Stop letting PMS or pre-menopausal symptoms get you down. femMED’s Hormonal Balance combines Saw Palmetto and Chastetree Berry, both well known for their hormone regulating effects, with the highest quality blend of 4 additional proven ingredients to provide the most comprehensive natural solution to the most common symptoms of PMS and pre-menopause. So, eat chocolate because you really like it, not because your hormones tell you to.”

— Shawna Page, Founder & CEO



## WomanWISE

femMED CEO Shawna Page answers some frequently asked questions about PMS and pre-menopause

*Shawna Page, a woman who was frustrated and confused by the supplement aisle and its lack of options for women put together a dedicated team of medical doctors, natural healthcare professionals, pharmacists and master herbalists to develop simplified, all-natural health solutions for women. Today, femMED has 12 formulations that offer easy-to-identify solutions that support women’s health at every age and stage of life. Designed for women, by women.*

**When I was younger, I had very easy menstrual cycles. Now, at 38, I suffer from insomnia, I get anxious, and I break out in acne! How can this be? Any suggestions?**

PMS can make life miserable, and for some women, it can last for 14 days each month until menstruation begins. Your experience is common in that PMS symptoms at one age can be very different than at another. Often women will notice these changes after life events like child birth, and by the same token, PMS can also be aggravated by stress, sugar, alcohol and caffeine intake, and a deficiency in progesterone. Using natural ingredients to help balance your hormones can alleviate symptoms associated with hormonal imbalances or fluctuations at any age.

**I am 43 years old and have been noticing some changes in my monthly cycles. My breasts get very tender, my cycles are much shorter, I get really moody and I’ve even had the occasional hot flash! Am I in menopause?**

No you are not in menopause – you are in perimenopause (or pre-menopause), which is the transition to menopause and doesn’t happen overnight. It is the 5 to 10 years before

menopause when a woman’s ovaries begin to produce less estrogen. This creates a hormonal imbalance which leads to these, and other symptoms of perimenopause. Perimenopause can start in a woman’s late 30’s or early 40’s.

*femMED’s line of 100 percent natural doctor-formulated solutions are exclusively designed to address the health needs of women at every stage of life. Products are delivered in vegetable capsules which contain no animal by-products, and all ingredients are backed up by extensive research and clinical studies. femMED solutions contains no fillers, artificial flavours, colours, sweeteners or preservatives. This information is not meant to replace the advice of your physician but rather to empower you to take responsibility for your own health and to consider natural solutions to women’s common health concerns.*

Have a question for our team of specialists? Send them to: [womenswisdom@femmed.com](mailto:womenswisdom@femmed.com)

Join femMED, the movement built by women for women on [facebook!](#)

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**femMED™**  
Women’s wisdom. Doctor recommended.