

# Optivite® P.M.T.

## PMS Management\*

**Optivite® P.M.T.** is a multi-vitamin and multi-mineral supplement for use as part of a total dietary program to provide proper nutrition for women with PMS.\* Studies suggest PMS may be caused by dietary deficiencies which alter the hormonal balance in your body. An imbalance of magnesium and the B-vitamins (especially B-6) seem to play a role in PMS.\* Optivite® has undergone several clinical studies published in peer-reviewed medical journals: 3 open trials<sup>(1-3)</sup> and 2 double blind placebo-controlled studies.<sup>\*(4,5)</sup> A 50% reduction of PMS complaints has been observed in those studies following 1 to 3 months on this supplement.\*

### Key Features

- A complete multi-vitamin, multi-mineral supplement to support proper nutrition for women with PMS\*
- Optimized with extra vitamin B-6 and magnesium\*
- Dietary modifications, exercise, and nutritional supplementation may support emotional balance in menstruating women\*
- Enhanced with flavonoids, digestive enzymes, and betaine HCl to support optimal health and nutrient absorption\*
- Original Dr. Abraham formulation



#00103  
180 tablets



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**MSQ SCORE**

Complete the Menstrual Symptom Questionnaire (MSQ). Calculate the total for the week before the period and the week after the period. This should be done before you start taking Optivite® P.M.T. and with every menstrual cycle to track your progress every month.

If your MSQ score for the week before period decreases by 15 points or more from your baseline MSQ score (which usually occurs within 3 months), reduce your amount from 6 tablets to 4 tablets daily. Use the smallest effective amount. If after 3 months you do not experience a significant improvement, consult your physician.

If your MSQ score is above 30 for the week before your periods, or if you have significant premenstrual weight gain and water retention, additional magnesium may be beneficial.\* MAG-200® provides 200 mg of magnesium per tablet.

**The Menstrual Symptom Questionnaire (MSQ)**

- 0 - None
- 1 - Mild - present but does not interfere with performance at home, at work and during social activities. Not noticeable by others.
- 2 - Moderate - interferes with familial, marital, social and work related activities. Able to function without medication at a lower level of performance. Noticeable by others.
- 3 - Severe - disabling. Marked interference with and complete disruption of familial, marital, social and work related activities. Unable to function without medication. Very noticeable by others.

Grade Your Symptoms for Last Menstrual Cycle Only	Week After Period	Week Before Period
<b>PMS-A</b> Nervous Tension	<input type="checkbox"/>	<input type="checkbox"/>
Mood Swings	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>
<b>PMS-H</b> Weight Gain	<input type="checkbox"/>	<input type="checkbox"/>
Swelling of Extremities	<input type="checkbox"/>	<input type="checkbox"/>
Breast Tenderness	<input type="checkbox"/>	<input type="checkbox"/>
Abdominal Bloating	<input type="checkbox"/>	<input type="checkbox"/>
<b>PMS-C</b> Headache	<input type="checkbox"/>	<input type="checkbox"/>
Craving for sweets	<input type="checkbox"/>	<input type="checkbox"/>
Increased Appetite	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness or fainting	<input type="checkbox"/>	<input type="checkbox"/>
<b>PMS-D</b> Depression	<input type="checkbox"/>	<input type="checkbox"/>
Forgetfulness	<input type="checkbox"/>	<input type="checkbox"/>
Crying	<input type="checkbox"/>	<input type="checkbox"/>
Confusion	<input type="checkbox"/>	<input type="checkbox"/>
Insomnia	<input type="checkbox"/>	<input type="checkbox"/>

**Supplement Facts**

Amount Per 6 Tablets	% Daily Value*
Serving Size	6 Tablets
Servings per Container	30
Vitamin A (as 5000 IU of Retinyl Palmitate and 7500 IU of Beta-Carotene)	6000 mcgRAE 667%
Vitamin C (as Ascorbic Acid)	1.5 g 1667%
Vitamin D3 (as 100 IU of Cholecalciferol)	2.5 mcg 13%
Vitamin E (as 100 IU of d-Alpha Tocopherol Succinate)	67 mg 447%
Thiamin (as Thiamine Mononitrate)	25 mg 2083%
Riboflavin	25 mg 1923%
Niacin (as Niacinamide)	25 mgNE 156%
Vitamin B6 (as Pyridoxine HCl)	300 mg 17647%
Folate (as 200 mcg of Folic Acid)	200 mcgDFE 50%
Vitamin B12 (as Hydroxocobalamin)	60 mcg 2500%
Biotin	60 mcg 200%
Pantothenic Acid (as Calcium Pantothenate)	25 mg 500%
Calcium (as Amino Acid Chelate)	125 mg 10%
Iron (as Amino Acid Chelate)	15 mg 83%
Iodine (as Hydrolyzed Protein Complex)	75 mcg 50%
Magnesium (as Amino Acid Chelate)	250 mg 60%
Zinc (as Amino Acid Chelate)	25 mg 227%
Selenium (as Hydrolyzed Protein Complex)	100 mcg 182%
Copper (as Amino Acid Chelate)	0.5 mg 56%
Manganese (as Amino Acid Chelate)	10 mg 435%
Chromium (as Hydrolyzed Protein Complex)	100 mcg 286%
Choline (from choline bitartrate)	313 mg †
Citrus Bioflavonoids	250 mg †
Betaine HCl	100 mg †
Pancreatin 4X	93 mg †
Inositol	24 mg †
p-Aminobenzoic Acid (PABA)	25 mg †
Rutin	25 mg †

Other Ingredients: Stearic acid, carnauba wax, hydroxypropyl methylcellulose, silicon dioxide, powdered cellulose, magnesium stearate, pharmaceutical glaze, calcium carbonate, magnesium oxide and natural flavors.

**Suggested Use:** The recommended use is 6 tablets daily taken at one time with breakfast or divided into two amounts of 3 tablets each with a meal. The usual amount may be decreased according to your MSQ score. Do not exceed 6 tablets a day.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If pregnant or lactating or taking any prescription drugs consult physician before use. Do not use for pernicious anemia, or if you have hemochromatosis or hemosiderosis.

**References**

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3. Fuchs N, Hakim M, Abraham GE. J Appl Nutr. 37:1 1985.
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