

PMS Support



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

Chasteberry Plus 60 ct.

Take 1 capsule twice a day (total of 2 capsules daily). Supports menstrual regularity, ease menstrual cramps, and support reproductive health.

Female Support Formula (Womens Balance)

Take 1 capsules three times a day (total of 3 capsules daily). Optimizes female hormonal balance and promotes healthy emotional state.

Evening Primrose Oil

Take 1 capsule twice a day (total of 2 capsules daily). Optimizes female hormonal balance, and promotes healthy emotional state.

Magnesium (Citrate) 150mg

Take 3 daily. Assists to activate neuromuscular, cardiac, carbohydrate and fat metabolism functions, as well as supporting energy production and utilization of calcium, phosphorus, sodium, potassium and vitamins B, C and E.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.