

Physical and Psychological symptoms of **PreMenstrual Syndrome** can throw your life completely out of track - *Every Month!*
Put your life back on track with.....

A1+PMScare

A SAFE natural alternative specially formulated from carefully chosen herbs. It is a combination of seven traditionally used herbs in India for providing prompt and prolonged relief from symptoms associated with PMS. Furthermore, **A1+PMScare** has been clinically tested and has shown significant improvement in both physical and psychological symptoms associated with PMS.

How A1+PMScare Works

Benefits/Pharmacological action of each herb:

1. **Ashoka (*Saraca Indica*):**

Anti-depressant, Uterine tonic and Immunomodulator¹

2. **Nirgundi (*Vitex Negundo*):**

Anti-inflammatory, Anti-depressant, Analgesic, Membrane stabilizer and Antioxidant²

3. **Yavanika (*Trachyspermum Ammi*):**

Anti-spasmodic³, Anti-inflammatory

4. **Devdaru (*Cedrus Deodara*):**

Spasmolytic, Anti-inflammatory and Analgesic⁴

5. **Kumari (*Aloe Vera*):**

Anti-inflammatory, Anti-dyspeptic, Uterine tonic⁵ and Appetite stimulant

6. **Ashwagandha (*Withania Somnifera*):**

Anti-stress⁶ and Anti-oxidant

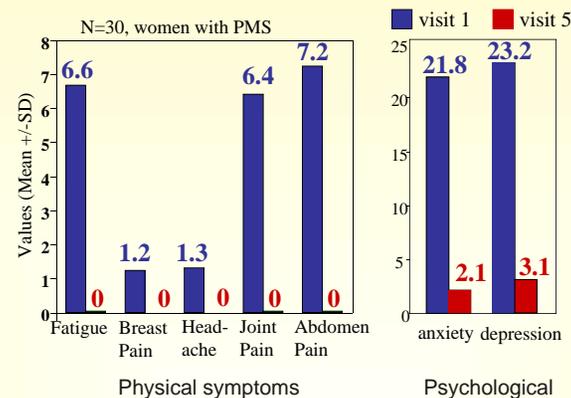
7. **Lodhra (*Symplocos Racemosus*):**

Anti-inflammatory, Muscle relaxant⁷



Clinical Trial

An open, double blind, comparative study was done to evaluate efficacy and safety of **A1+PMScare** with placebo in women suffering from PMS.



The graphs above show the patient response on physical variables on the basis of Visual Analog Scale score (left graph), and reduction of Hamilton Anxiety & Depression scale score (right graph)

Clinical Trial Details:

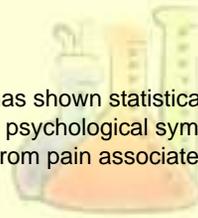
- ◆ Trial was completed in 30 female patients suffering from PMS.
- ◆ Prior medical and menstrual history was noted. Patient evaluation was carried out at base line (visit 1/cycle 1) and subsequent four follow-up menstrual periods (visit 2/cycle 2 - visit 5/cycle 5).
- ◆ Prime efficacy variables, anxiety and depression were evaluated using Hamilton Anxiety or Depression Rating Scale respectively at basal and subsequent follow-up visits.
- ◆ Visual Analog Scale was used to evaluate painful symptoms.

Results:

A1+PMScare has shown statistically significant improvement in psychological symptoms as well as provided relief from pain associated with PMS.

Safety:

Well tolerated, no adverse events observed.



A1 HERBAL
Stay Healthy ... Naturally!

About A1 HERBAL:

At **A1 HERBAL**, we strongly believe in Ayurvedic way of life. **Ayurved** (Alternative Medicine) treats the human body as a whole - and does not focus on specific physical or physiological symptoms alone. It stresses on the importance of a holistic approach to life over short term quick-fix solutions.

We offer a range of quality dietary supplements, nutritional and personal care products for a healthy lifestyle.

Our products are:

- ✓ Based on years of research & Development.
- ✓ Made of quality natural ingredients or herbs.
- ✓ 100% safe with no known side effects.
- ✓ Manufactured at modern ISO 9001:2000 & GMP approved facilities.
- ✓ Independently tested and certified at govt. approved labs for Microbial and Heavy Metal contamination.

Dr. Suresh Chaturvedi:

The formula for **A1+PMScare** was developed by Dr. Suresh Chaturvedi for a leading pharmaceutical company in India. He is an eminent practitioner of Ayurved, an internationally reputed figure in the field of alternative medicine with over 50 years of experience. He is the recipient of one of India's highest civilian awards - the PADMASHREE - for his relentless work and dedicated service in the field of herbal medicine.

Visit www.drchaturvedi.com for more information.

References:

1. Arch.Biochem.Biophys. (1990) 371:163
2. J. Ethanopharmacol. (1996) 55:69
3. Indian.J.Med Res. (1954) 42:389
4. J. Ethanopharmacol. (1999) 21:7
5. J. Ethanopharmacol. (1996) 55:69
6. J. Ethanopharmacol. (1994) 44:131
7. Indian.J.Pharmacol. (1983) 15:197