

Evergreen Herb Formulas Cycle Helps with Healthy Menstruation

Menstrual Conditions: Acne and/or tension before menstruation; Irregular menstruation; Discomfort low abdomen during menstruation.



Start this cycle after menstruation. Alternate the above five formulas (each for 5 days). Stop this cycle when menstruation begins. This cycle will commonly finish just before menstruation begins, reduce the usage of **PMT-Ease** formula if menstruation starts early, and extend usage of **PMT-Ease** if menstruation delays. Repeat this cycle until significant improvement, and then take a one month break before starting the next course if needed.