

PMS Escape® is a dietary supplement developed for women with normal PMS-related disturbances in mood and appetite. PMS Escape® is a patented, clinically proven combination of specially formulated simple and complex carbohydrates plus vitamins and minerals, prepared specifically to manage some of the normal mood and appetite-related disturbances women experience during the premenstrual period.

PMS Escape® is a safe and clinically proven effective way of managing PMS disturbances. In two well-controlled double-blind clinical studies conducted at leading universities and hospitals- including Harvard University, MIT, and Massachusetts General-Hospital women with PMS who drank PMS Escape® showed a greater degree of improvement in mood, especially anger and irritability, than when they drank placebo beverages that looked and tasted like PMS Escape® but contained different combinations of carbohydrates and/or protein.

Product Description

Each easy to use packet contains 0 grams of fat and 190 calories per serving! PMS Escape® is a specially formulated dietary supplement that works naturally with the body to raise serotonin levels in the brain.

Formulation: *Carbohydrates* - a mixture of complex and simple carbohydrates specifically chosen to promote a prompt, significant, and prolonged increase in brain serotonin levels; *Vitamin C* - an important antioxidant (an agent that counteracts the effects of free radicals, which are molecules that are highly destructive to various cells of the body); *Vitamin B6* - is a vitamin that plays a vital role in the body's utilization of carbohydrates, fats, and proteins and is also important to the proper function of the nervous system; its beneficial effect on brain chemistry; *Magnesium* - helps to normalize the metabolism of sugar and stabilize moods; and *Calcium* - which may be abnormally low during the luteal phase of the menstrual cycle in patients with PMS.

Use of the Product: Mix one packet of PMS Escape® with 6-8 ounces of cool water. Stir or shake until dissolved. For best results, take on empty stomach. PMS Escape® may be taken for as many days as needed.

Warnings: Consult with your physician if you are a diabetic before taking PMS Escape®. PMS Escape® is not a meal replacement. Do not use if the package has been opened or tampered with. PMS Escape® does not cause drowsiness.

PMS
Escape®



Actual Size Not Shown

DIMENSIONS / WEIGHT	UPC	UNITS IN DISPLAY
Individual Package: Dimensions: H 6.125" x W 4.25" x L 4.375" Weight: 1.05 lbs	R/L: 8 94132 90001 3 S/K: 8 94132 90002 0	8 packets per unit Cubic feet: 0.065907 Quantity per pallet: 640
Master Shipper Dimensions: H 13.75" x W 9.625" x L 18.75" Weight: 19.25 lbs	R/L: 608 94132 90001 5 S/K: 608 94132 90002 2	16 units per master shipper Cubic feet: 1.436022 Quantity per pallet: 40 Pallet weight: 770 lbs Pallet dimensions: L 40" x W 48" x H 55" TI/Hi: 10/4