



Premier Care for Women

Health Care for Women by Women

PREMENSTRUAL SYNDROME (PMS) MANAGEMENT RECOMMENDATIONS

Recommended Supplements:

- Calcium 1000 - 1200 mg. a day
- Magnesium 400 - 600 mg. a day
- Vitamin B6 150 mg. a day
- Progesterone Cream – over the counter

Other recommendations to reduce symptoms:

- Regular aerobic activity, i.e. 30-45 minutes of heart pumping activity four to five days a week, particularly during the week(s) of your symptoms
- Low carbohydrate diet: eliminate processed sugars and simple starches
- Limit caffeine, sodium, and alcohol; increase water intake
- Small frequent meals
- Take any medications prescribed as directed