

DuraLife

Saffron, Magnesium & B6

Certified Organic Saffron

• Relieve PMS symptoms • Antidepressant
• Improve mood • Aphrodisiac Properties
• Aid weight loss

• Sugar Free • Gluten Free • Lactose Free • No Artificial Colors • Preservative Free

60 Capsules



Dosing and Administration¹⁰ | One or two capsules daily, with the main meal and a full glass of water

- **Contraindications:**
Hypersensitivity to saffron, magnesium, B6 or any component of the formulation; Pregnancy and breastfeeding.
- **Warnings and Precaution:**
Use with caution in bipolar disorders, Renal impairment, Inflammatory bowel disease, Heart failure, Decompensated cirrhosis, Baseline electrolyte abnormalities.
Use with extreme caution in Neuromuscular disease and Intestinal obstruction disorder.
surgery: stop taking saffron at least two weeks before a scheduled surgery.
- **Drug Interaction:**
Risk X: Sodium/Calcium polystyrene sulfonate.
- **Side effects:**
Saffron, Mg and B6 is likely safe in recommended amounts; Allergic reaction, nausea, vomiting, headache and abdominal pain can occur in some people.



RX Code:93961

Reference:

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Premenstrual syndrome (PMS) is represented by a set of physical, behavioral and emotional symptoms, which may culminate in changes in eating habits. Premenstrual dysphoric disorder, also known as PMDD, is a more severe form of PMS, affecting about 3–8% of women.¹



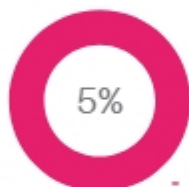
3 out of 4 women experience PMS symptoms during their childbearing years.



PMS usually starts during the 2nd half of the menstrual cycle and usually ends 1-2 days after the menstrual period starts.



The exact cause of PMS has never been identified, but changes in the brain hormone levels have been cited as a factor.



5% of all women who suffer from PMS are temporarily disabled by it, due to the severity of their symptoms.

Saffron, Mg and vitamin B6 have been linked to mental health and quality of life (QoL). Since the symptoms of depression and PMS overlap, this combination can significantly reduce the severity of PMS symptoms.^{2,4}

Saffron^{5,8}

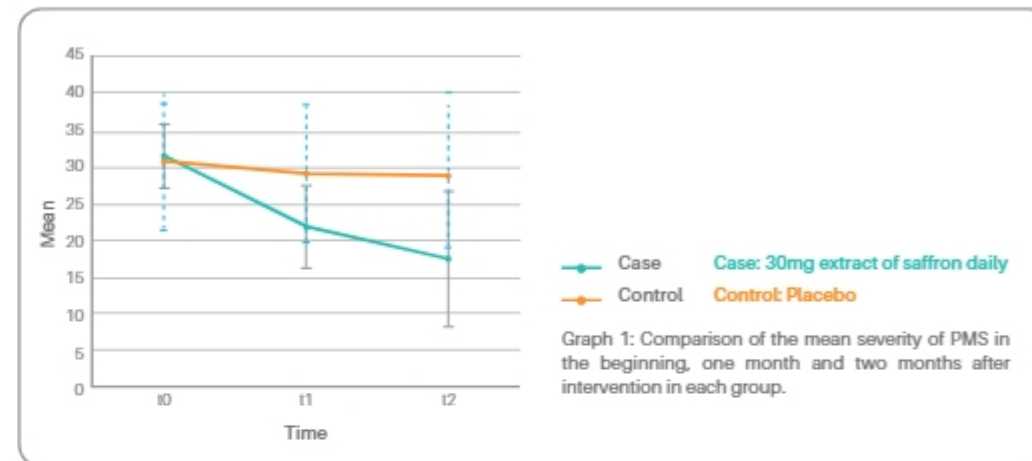
Saffron has traditionally been used to treat a variety of diseases, such as primary dysmenorrhea and premenstrual tension.

Based on clinical studies, receiving 15mg capsules of saffron twice a day for two menstrual cycles could relieve and significantly improve PMS symptoms and PMDD.

Alleviating Symptoms of PMS
Depression by elevating serotonin level
Aphrodisiac properties
supports weight loss

The effect of saffron on the severity of PMS⁹

This randomized triple-blind controlled clinical trial was carried out with 78 students aged 18–35 years and for a period of two menstrual cycles. The two groups had significant differences in terms of changes in the mean severity of PMS over time.



Magnesium¹⁰⁻¹³

Magnesium is one of the most essential minerals to help balance hormones, and involves as a cofactor in more than 300 enzymatic systems. Sufficient magnesium supports:

- Alleviating Symptoms of PMS
- Estrogen balance by affecting phase 2 metabolism of estrogen
- Production of sex hormones
- Healthy Serotonin Levels by helping conversion of tryptophan into serotonin
- Sleep by increasing production of melatonin
- Lower blood sugar by increasing insulin sensitivity

Vitamin B6^{12,14,15}

Vitamin B6 known as Pyridoxine, is a water-soluble vitamin that is required for over 100 enzyme reactions in the body. One of its main roles is in helping the body metabolize proteins, fats, and carbohydrates for energy. B6 is also involved in:

- Alleviating Symptoms of PMS
- Reduce Estrogen Dominance
- Production of Progesterone
- creating neurotransmitters, including GABA, serotonin and dopamine