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EquiFem™ & PMT™

While it is well established that diet alone typically does not supply nutrients in sufficient quantities to support optimal health, it is also recognised that generic multiple vitamin formulas may not supply the targeted nutrition needed to support the unique needs of women. As a result of cyclic hormonal changes, many women not only experience depletions of several key nutrients, but they can experience a variety of irritating symptoms that have collectively been referred to as Premenstrual Syndrome (PMS). While PMS has been described in the medical literature since 1931, its aetiological factors remain poorly understood. Progesterone deficiency, prolactin excess, thyroid hypofunction, antidiuretic hormone excess, alterations in endorphin activity, serotonin alterations, prostaglandin activity, and vitamin deficiencies have all been postulated as potential PMS potentiators/ exacerbators. Further complicating this has been a generalised ignorance that mild or moderate symptoms are indeed PMS. Many women may be reluctant to seek professional healthcare over symptoms which they either under-report, down-play, or dismiss. Some women have erroneously felt that PMS is a condition experienced by young women, and that their options are limited until mid-life changes occur. This could not be further from the truth. Biotics Research carefully formulated **Equi-Fem™** to be a broad-spectrum multi-vitamin formula designed to provide support for those with fluctuating hormone levels and the symptoms that coincide with them. In addition to providing comprehensive vitamin and mineral support, **Equi-Fem™** also supplies glandular support for adrenal and pituitary hypothalamic function as well as directly targeting ovarian and uterine tissues. It also contains bioflavonoids, FRAC®, L-Tyrosine and digestive enzymes which round off this formula and make it an excellent choice for supporting the unique health challenges of women. **Equi-Fem™** is also available in an Iron & Copper Free version and as a glandular-free version; **PMT™**, for vegetarian patients.



Research Pertaining to Other Topics of Interest

Potassium to Prevent Hypertension and Stroke – Researchers performed a meta-analysis, reviewing 22 randomised (including >1600 participants) trials and 11 cohort studies (>127,000 participants). On those with hypertension, increased potassium reduced both systolic and diastolic blood pressure, and there was a statistically significant inverse association seen between potassium intake and the risk of stroke. Additionally, increased potassium intake had no significant adverse effect on renal function, blood lipids or catecholamine concentrations. The research concluded that increased potassium intake reduces blood pressure in those with hypertension, and was associated with a 24% lower risk of stroke.

Aburto NJ et al. Effect of increased potassium intake on cardiovascular risk factors and disease: Systematic review and meta-analyses. *BMJ* 2013 Apr 4; 346:f1378