

# **Effect of a Nutritional Supplement on Premenstrual Symptomatology in Women with Premenstrual Syndrome: A Double Blind Longitudinal Study**

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Study objective was to assess the effectiveness of a vitamin-mineral supplement in controlling symptoms of premenstrual syndrome (PMS). We conducted a double blind, randomized study of 44 women with PMS. Follicular and luteal testing using a menstrual symptom questionnaire was completed for one month prior to treatment and for three menstrual cycles during treatment. Subjects were randomly assigned to receive either placebo or six or 12 tablets of the supplement a day for three menstrual cycles. All subjects had significant differences in severity of symptoms between the follicular and luteal phase of the control cycle.