

# SPECIFICATION SHEET

## HORMONE & PMS SUPPORT

Advanced Emotional, Hormonal & Cramping Relief



### CLINICAL APPLICATIONS

- Improves focus, mental clarity, and emotional grounding\*
- Nourishes the reproductive axis with synergistic botanicals and co-factors\*
- Stabilizes emotional mood swings during the luteal phase\*
- Enhances stress resilience during hormonal fluctuations\*
- Alleviates menstrual cramps, uterine tension, bloating, and breast tenderness\*
- Regulates estrogen and progesterone balance via pituitary and ovarian pathways\*

### PRODUCT OVERVIEW

**HORMONE & PMS SUPPORT** is a multi-target, clinical-grade botanical and micronutrient formula crafted for the modern hormonal landscape—where estrogen dominance, low progesterone, nervous system dysregulation, and stress-induced endocrine crashes intersect.

*Rather than treating PMS as an isolated symptom, this formula restores rhythm to the hypothalamic-pituitary-ovarian-adrenal (HPOA) axis, supporting monthly emotional and physical resilience. Developed by a practitioner who personally battled endometriosis, anemia, and severe PMS, this is a formula born of clinical need and lived experience—combining modern biochemistry with ancient botanical intelligence.*

*This is more than symptom relief—it's menstrual repair and hormonal harmony from the inside out.*

### SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving %DV

**Magnesium** (as Di-Magnesium Malate Granular) **25 mg 6%**

Hormone Balance Adaptogenic Proprietary Blend 751.8mg \*\*

**Chaste Tree Berry Extract** (Vitex Agnus-Castus) (std. to contain 0.5% Agnusides)

**Rhodiola Rosea Extract** (std. to 5% Rosavins), Dong Quai Powder (Angelica sinensis) (root)

**White Peony Extract 10:1** (Paeonia Lactiflora) (root)

**Cramp Bark** (Viburnum opulus)

**Passion Flower Extract** (Passiflora incarnata) (std to contain 5% flavones)

**Black Cohosh** (Cimicifuga Racemosa) (root)

**Licorice Extract 4:1**

**Other Ingredients:** Hypromellose (capsules),

Silica

**Magnesium Stearate** (Glycyrrhiza glabra) (root)

#### Liver Support Blend

OMilk Thistle Extract (Silybum marianum) (seed) 100 mg \*\*  
(Std. to contain a minimum of 80% Silymarin)

Inositol 62.5 mg \*\*

Adaptogenic Proprietary Blend 62.5 mg \*\*

Motherwort Extract (Leonurus cardiaca) 50 mg \*\*

Organic Turmeric Powder (Curcuma longa) (root) 25 mg \*\*

Ginger Extract (Zingiber officinale) (root) 15 mg \*\*  
(std. to contain 5% Gingerols)

Dandelion Extract (root)(Taraxacum officinale) 500 mcg \*\*

Broccoli Extract Powder (Brassica oleracea var. italica)(std. to contain 0.5% Sulforaphane) 60 mcg \*\*

\*\* Daily Value (DV) Not Established

Distributed by:

The Holistic Detox LLC – #1274

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United States

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# SCIENTIFIC DISCUSSION OF KEY INGREDIENTS



## Chaste Tree Berry (*Vitex agnus-castus*)

- Modulates LH and prolactin to support progesterone production and estrogen balance\*
- Reduces PMS mood symptoms, breast tenderness, and supports luteal phase integrity\*
- Improves ovulatory regularity and hormone feedback cycles\*

## White Peony (*Paeonia lactiflora*)

- Reduces uterine spasms and prostaglandin-induced menstrual pain\*
- Promotes estrogen detox and enhances progesterone activity\*
- Balances emotional extremes driven by hormonal fluctuations\*

## Rhodiola Rosea

- Adaptogen that improves stress adaptation and hormonal sensitivity\*
- Reduces PMS-related fatigue, enhances focus and emotional clarity\*
- Modulates neurotransmitter pathways to support resilience under stress\*

## Vitamin B6 (Pyridoxal-5-Phosphate)

- Supports estrogen clearance and progesterone synthesis\*
- Cofactor for serotonin, dopamine, and GABA neurotransmission\*
- Clinically shown to reduce PMS-related mood swings and irritability\*

## Zinc (TRAACS® Bisglycinate Chelate)

- Essential for ovulatory health and progesterone stability\*
- Supports immune modulation and reduces acne and inflammation linked to PMS\*
- Enhances hormone receptor sensitivity and balances HPO axis communication\*

## Dong Quai (*Angelica sinensis*)

- Known as "female ginseng" in TCM for blood-building and cramp relief properties\*
- Alleviates clotting, stagnation, and cramping linked to painful, heavy periods\*
- Supports hormone processing and smooth menstrual transitions\*

## Black Cohosh (*Actaea racemosa*)

- Eases mood swings, hormonal agitation, and nighttime restlessness\*
- Provides neuroendocrine support for PMS and perimenopausal symptoms\*
- Clinically studied for vasomotor and psychological symptom relief\*

## Magnesium Glycinate

- Smooth muscle relaxant for cramping and uterine tension\*
- Supports GABA production for mental calm and restful sleep\*
- Glycine-bound for optimal absorption with minimal GI distress\*

## Vitamin B1 (Thiamine)

- Reduces menstrual pain by modulating nervous system pain signals\*
- Supports adrenal and nervous system tone under stress\*
- Enhances emotional steadiness and fatigue resilience during the luteal phase\*

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## SYNERGISTIC CLINICAL PATHWAYS

### Hormonal Balance

- Chaste Tree, Dong Quai, and White Peony support estrogen-progesterone ratios\*
- Zinc and B6 enhance luteal integrity, neurotransmitter synthesis, and ovulatory signaling\*

### Cramping, Bleeding & Inflammation Relief

- Magnesium and White Peony relax the uterus and reduce pain\*
- B1 and Dong Quai decrease prostaglandin synthesis and clotting intensity\*

### Emotional & Neuroendocrine Resilience

- Rhodiola and Black Cohosh stabilize mood and modulate HPA response\*
- Magnesium, B6, and B1 optimize neurotransmitter function and emotional clarity\*

Brand/ Product	Key Ingredients	Strengths	Weaknesses
HUM – Hormone Balance	<ul style="list-style-type: none"> <li>• Chasteberry (Vitex agnus-castus) 1.5%</li> <li>• Agnusides</li> <li>• Dong Quai (Angelica sinensis, root)</li> </ul>	<ul style="list-style-type: none"> <li>• Clean, minimal formulation using two well-known botanicals</li> <li>• Focus on mood &amp; cycle flow</li> </ul>	<ul style="list-style-type: none"> <li>• Lacks adaptogens, neurotransmitter cofactors, and cramp/pain support</li> <li>• No vitamins or minerals</li> </ul>
Her Own – PMS, Mood & Relief	<ul style="list-style-type: none"> <li>• Evening Primrose (250 mg)</li> <li>• Proprietary Blend (300 mg):</li> <li>1.Chasteberry</li> <li>2.Dong Quai</li> <li>3.Ashwagandha (1.5%)</li> <li>4.5-HTP (50 mg)</li> </ul>	<ul style="list-style-type: none"> <li>• Addresses mood and hormonal fluctuations</li> <li>• Includes 5-HTP and adaptogens</li> </ul>	<ul style="list-style-type: none"> <li>• Underdosed due to proprietary blend limits</li> <li>• No vitamins/mineral synergy or cramp relief</li> </ul>
Thorne – Hormone Advantage	<ul style="list-style-type: none"> <li>• Diindolylmethane (DIM, 150 mg)</li> <li>• Pomegranate Extract (whole fruit)</li> <li>• Broccoli Extract (Sulforaphane Glucosinolate)</li> </ul>	<ul style="list-style-type: none"> <li>• Strong detox and estrogen clearance support</li> <li>• Excellent for estrogen dominance detox</li> </ul>	<p>No support for PMS, emotional symptoms, cramps, or hormonal fluctuations outside estrogen</p>
Wellhistic – Hormone & PMS Support	<ul style="list-style-type: none"> <li>• Chaste Tree</li> <li>• Dong Quai</li> <li>• White Peony</li> <li>• Rhodiola</li> <li>• Black Cohosh</li> <li>• B6 (P5P), B1 (Thiamine)</li> <li>• Zinc (TRAACS)</li> <li>• Magnesium Glycinate</li> </ul>	<p>Targets root causes—not just symptoms</p> <ul style="list-style-type: none"> <li>• Holistic, full-spectrum formulation for hormone, mood, pain, detox, and stress resilience</li> <li>• Practitioner-formulated and clinically inspired</li> </ul>	<p>Best-in-class scope—no current weaknesses; addresses emotional, hormonal, and physical layers together</p>

## Wellhistic Hormone & PMS Support

Is not a symptom-masking formula—it's a root-cause solution designed for the complexity of the female endocrine system.

Where most supplements choose between estrogen detox or mood support, cramp relief or emotional stability, Wellhistic delivers all of it—in one therapeutic, synergistic blend.

This formula is built for the real-life hormonal chaos your patients live through:

- The woman with debilitating cramps who still has to go to work
- The client whose luteal phase brings rage, tears, or hopelessness
- The teen or adult with PMS acne, clots, and anxiety who's been told "this is just what being a woman feels like"

## Wellhistic Hormone & PMS Support

- Balances estrogen and progesterone via pituitary and ovarian support (Vitex, White Peony)
- Modulates inflammation and prostaglandins to reduce pain and clotting (White Peony, Dong Quai, Magnesium)
- Enhances neurotransmitter synthesis for emotional resilience (B6, Rhodiola, Zinc)
- Supports the hypothalamic-pituitary-ovarian-adrenal (HPOA) axis to restore cycle regularity and nervous system calm

This is **not** a "quick fix." It's a **clinical-grade, multi-layered formula** that works through the endocrine, nervous, immune, and inflammatory systems to restore hormonal rhythm and emotional safety inside the body.

It's PMS support *reimagined*—for women who need more than one herb, and practitioners who refuse to settle.

## MANUFACTURING STANDARDS

- FDA-registered, GMP-compliant facility 3rd-party tested for purity and potency Non-GMO | Vegan | Gluten-Free | Dairy-Free | Soy-Free



0% Toxins



Pure & Clean Process



No GMOs



No Green Sheen



3rd Party Tested



MADE IN USA FROM  
GLOBAL MATERIALS



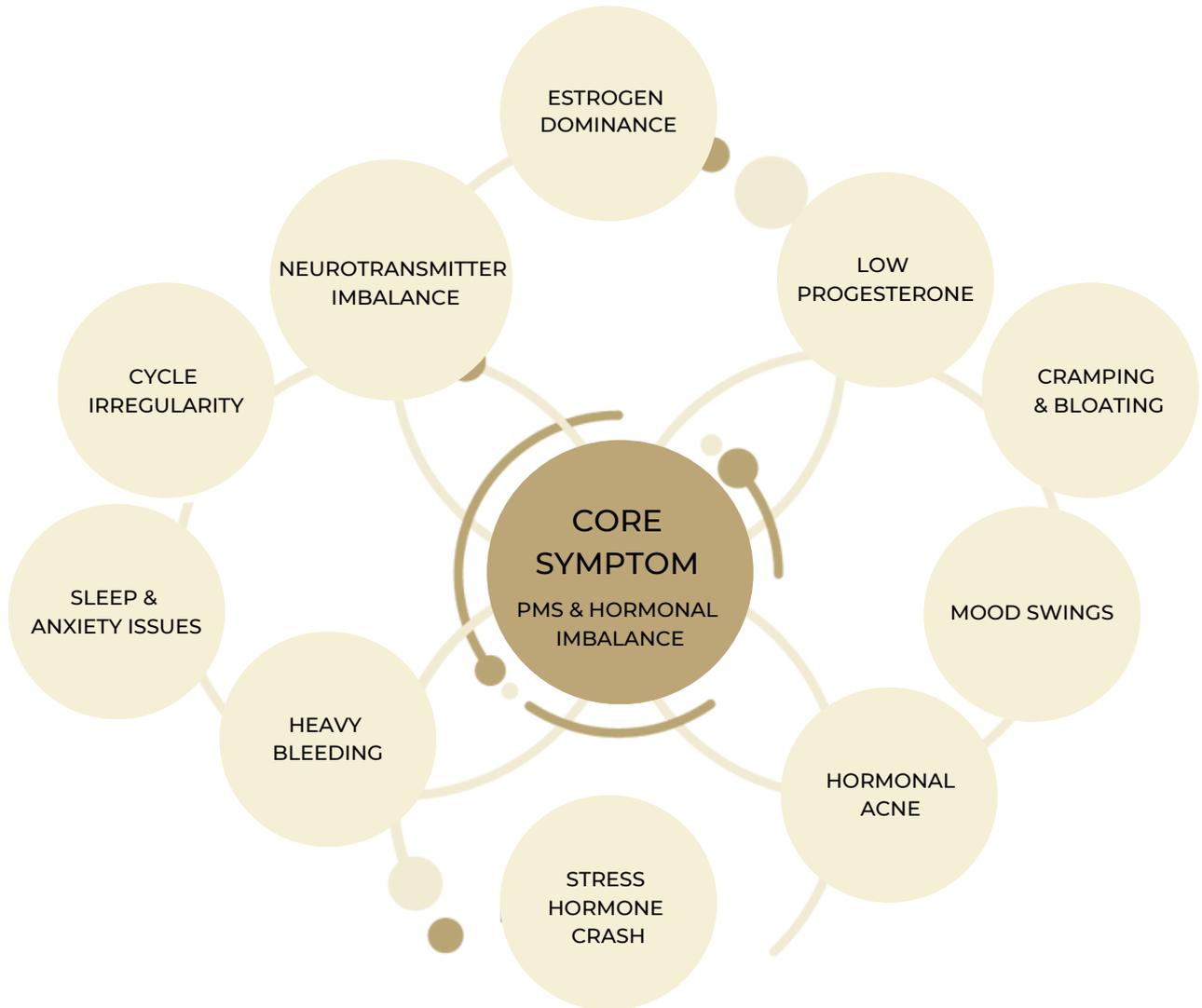
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## HOW CAN HORMONE AND PMS SUPPORT YOU?



**XX to your INVISIBLE BATTLES & UNSEEN STRENGTH,**



**Carola Le-Wriedt, Founder**  
**Wellhistic & The Holistic Detox**

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**Black Cohosh (*Actaea racemosa*)**

1. Wuttke W, et al. Mechanism of action of Cimicifuga racemosa (Black Cohosh) in the treatment of menopausal symptoms. *CNS Drugs*. 2003;17(8):539-562.
2. Shams T, et al. Efficacy of black cohosh-containing preparations on menopausal symptoms: a meta-analysis. *J Menopausal Med*. 2010;16(3):175-180.
3. Bai W, et al. Efficacy and tolerability of a medicinal product containing an isopropanolic black cohosh extract in Chinese women with menopausal symptoms: A randomized, double blind, parallel-controlled study versus tibolone. *Maturitas*. 2007;58(1):31-41.

**Inositol**

1. Gianfranco C, et al. Inositol safety: clinical evidences. *Eur Rev Med Pharmacol Sci*. 2017;21(2):30-35.
2. Santamaria A, et al. MyoInositol: a novel treatment for mood disorders. *Neuropsychiatr Dis Treat*. 2017;13:161-164.
3. Unfer V, et al. Myo-inositol effects in women with PCOS: a meta-analysis of randomized controlled trials. *Endocr Connect*. 2017;6(8):647-658.

**Licorice (*Glycyrrhiza glabra*)**

1. Al-Dujaili EA, et al. Licorice and the adrenal-kidney axis in rats. *J Endocrinol*. 2011;178(suppl):OC37.
2. Ming LJ, Yin AC. Therapeutic effects of glycyrrhizic acid. *Nat Prod Commun*. 2013;8(3):415-418.
3. Isbrucker RA, Burdock GA. Risk and safety assessment on the consumption of licorice root (*Glycyrrhiza* sp.), its extract and powder as a food ingredient, with emphasis on the pharmacology and toxicology of glycyrrhizin. *Regul Toxicol Pharmacol*. 2006;46(3):167-192.

**Milk Thistle (*Silybum marianum*)**

1. Loguercio C, Festi D. Silybin and the liver: from basic research to clinical practice. *World J Gastroenterol*. 2011;17(18):2288-2301.
2. Federico A, et al. Silymarin/silybin and chronic liver disease: a marriage of many years. *Molecules*. 2017;22(2):191.
3. Saller R, et al. An updated systematic review with meta-analysis for the clinical evidence of silymarin. *Forsch Komplementmed*. 2008;15(1):9-20.

**Motherwort (*Leonurus cardiaca*)**

1. Wojtyniak K, et al. *Leonurus cardiaca* L. (motherwort): A review of its phytochemistry and pharmacology. *Phytother Res*. 2013;27(8):1115-1120.
2. Shikov AN, et al. Medicinal plants of the Russian Pharmacopoeia; their history and applications. *J Ethnopharmacol*. 2014;154(3):481-536.
3. Rauwald HW, et al. Medicinal plants for cardiovascular disorders. *J Ethnopharmacol*. 2017;211:230-239.

**Rhodiola Rosea**

1. Darbinyan V, et al. Rhodiola rosea in stress induced fatigue-a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty. *Phytomedicine*. 2000;7(5):365-371.
2. Cropley M, et al. The effects of Rhodiola rosea L. extract on anxiety, stress, cognition and other mood symptoms. *Phytother Res*. 2015;29(12):1934-1939.
3. Olsson EM, et al. A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract SHR-5 of the roots of Rhodiola rosea in the treatment of subjects with stress-related fatigue. *Planta Med*. 2009;75(2):105-112.

**Cramp Bark (*Viburnum opulus*)**

1. Yarnell E. Botanical medicines for the urinary tract. *World J Urol*. 2002;20(5):285-293.
2. Mills S, Bone K. Principles and Practice of Phytotherapy: Modern Herbal Medicine. 2nd Edition. Churchill Livingstone; 2013.

**Passionflower (*Passiflora incarnata*)**

1. Miyasaka LS, et al. *Passiflora incarnata* L. (Passifloraceae) clinical trial for anxiety. *Phytother Res*. 2007;21(9):847-851.
2. Akhondzadeh S, et al. Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam. *J Clin Pharm Ther*. 2001;26(5):363-367.

**Ginger (*Zingiber officinale*)**

1. Daily JW, et al. Efficacy of ginger for alleviating the symptoms of primary dysmenorrhea: a systematic review and meta-analysis of randomized clinical trials. *Pain Med*. 2015;16(12):2243-2255.
2. Rahnema P, et al. Effect of *Zingiber officinale* R. rhizomes (ginger) on pain relief in primary dysmenorrhea: a placebo randomized trial. *BMC Complement Altern Med*. 2012;12:92.

**Curcumin/Turmeric (*Curcuma longa*)**

1. Daily JW, et al. Efficacy of turmeric extracts and curcumin for alleviating the symptoms of joint arthritis: a systematic review and meta-analysis of randomized clinical trials. *J Med Food*. 2016;19(8):717-729.
2. Akazawa N, et al. Curcumin ingestion and exercise training improve vascular endothelial function in postmenopausal women. *Nutr Res*. 2012;32(10):795-799.

**Magnesium (*Dimagnesium Malate*)**

1. Facchinetti F, et al. Oral magnesium successfully relieves premenstrual mood changes. *Obstet Gynecol*. 1991;78(2):177-181.
2. Quaranta S, et al. Pilot study of the efficacy and safety of a modified-release magnesium 250 mg tablet (Sincromag) for the treatment of premenstrual syndrome. *Clin Drug Investig*. 2007;27(1):51-58.
3. Boyle NB, et al. The effects of magnesium supplementation on subjective anxiety and stress-A systematic review. *Nutrients*. 2017;9(5):429.

**Sulforaphane (from Broccoli Seed Extract)**

1. Myzak MC, et al. Sulforaphane, a dietary component of broccoli/broccoli sprouts, inhibits histone deacetylase activity in BPH-1, LnCaP and PC-3 prostate epithelial cells. *Carcinogenesis*. 2006;27(4):811-819.
2. Fahey JW, et al. Sulforaphane: Translational research from laboratory bench to clinic. *Nutr Rev*. 2015;73(11):615-624.

**Dandelion Root (Taraxacum officinale)**

1. Schütz K, et al. *Taraxacum officinale* (dandelion): A review on its phytochemistry and pharmacological effects. *Phytother Res*. 2006;20(7):519-530.
2. Clare BA, et al. The medicinal use of plant roots in the traditional medicine of North America. *J Ethnopharmacol*. 2009;122(2):208-222.