



پی‌ام استاپ[®]
 P.M.Stop[®]

کاهش دهنده اختلالات
پیش از قاعدگی
For the reduction of
pre-menstrual
syndrom (P.M.S)



گیاهان
سبز
زندگی
GREEN
PLANTS
OF LIFE

after taking P.M.Stop medication was one of the best results obtained throughout the world. P.M.Stop medication with minimal side effects compared to the available drugs may be the best alternative for the treatment of PMS. P.M.Stop capsule contains 15 mg of standardized

extract of saffron (*Crocus Sativus L*), 1.65 mg of crocin as the main Substance, Saffranal, Picrocrocin and 25 mg of vitamin B6. The daily taking of 30 mg of the drug (one capsule every 12 hours) has been proven to improve PMS symptoms.

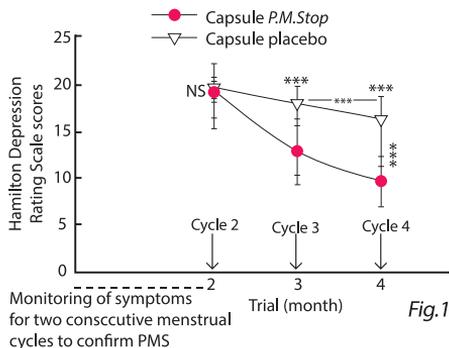


Fig.1

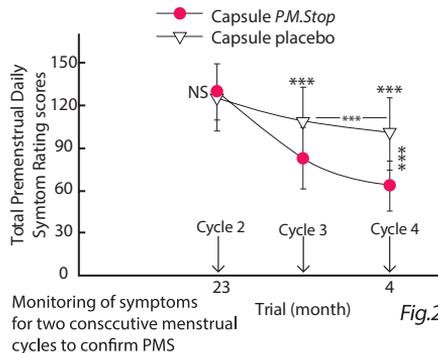


Fig.2

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PMS is the major reported problem in case of women health, affecting 20-40 percent of the females in their fertility age. The mentioned syndrome would appear 7 to 10 days before menstruation in form of **mood disorder** (anxiety, irritability, depression, nervous tension, and uncontrollable mood swings), **behavioral changes** (poor accommodation, insomnia, confusion, crying and tiredness), **pain** (backache, stiffness, tenderness of the breasts, headaches, bloating and abdominal discomfort) and **physical symptoms** (craving for food, swelling) and hot flashes, these people would wake up in the morning with a feeling of nervousness, irritability, anxiety or grief, have less carefulness and efficiency in their job performance and overreact against others' actions. In the past, these disorders were considered to be the result of the decreased secretion of progesterone **during the luteal phase**, but now there are lots of evidences proving that the **changes in the serotonin system is the main cause of the disorders such as PMS and PMDD***.

This assumption was proved by the positive result obtained in treating the females taking SSRIs (serotonin inhibitor drugs) i.e fluoxetine, sertraline, citalopram, paroxetine and clomipramine. In this regard, through conducting clinical trials, Green Plants of Life Company has produced the drug called **SaffroMood**, using the certain substances amount of the extract of Saffron, which, in a clinical comparison with the antidepressant medications (fluoxetine and imipramine), has the same properties minus the side effects of those chemical drugs. Saffron as

the healing plant used in modern and traditional medicine treats not only depression, but also stomach discomforts, difficulty in food digestion, kidney diseases and nervous tensions. The five researches conducted by Green Plants of Life Company and the related partners proved the effect of saffron extract with anti depression properties on serotonin function.

P.M.Stop Capsule

Based on the long-term researches about the positive effects of the active ingredients of saffron on mood, pain, changes in behavior and physical signs, Life's Green Plants of Life Company, in a broad multilateral cooperation with the female and psychiatry section of medical universities of Tehran and Zanjan, and AriaMediSina Research Institute, conducted some studies regarding the effects of saffron on PMS and came to the satisfactory results for the groups under study.

The study was done according to the scientific international standards whereby 78 women were chosen as participants. The analysis of the detailed daily reports shows the effect of the **P.M.Stop** medication compared to the placebo, while the accountability for the P.M.Stop was **76 percent** versus 8 percent for the placebo.

Those disorders were analyzed based on the definitions provided by the American Congress of Obstetricians and Gynecologists and the analysis of the secondary results was done according to the Hamilton Depression diagram. The prepared diagrams confirms what was mentioned above.

50 percent reduction in the symptoms of PMS

* PMDD is a severe form of PMS which inflicts the disorder on 3 to 8 percent of fertile women, recognized via the drastic changes in mood and behavior.



پیام استاپ® P.M.Stop

Herbal medicine for the reduction of pre-menstrual syndrome symptoms (P.M.S.)



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