

PeriodiTea

Reduces menstrual pain



A herbal tea comprising of the herbal extracts of *Curcuma longa*, *Calcium carbonate*, *Anethum graveolens* amongst others that helps reduce the menstrual pain by relaxing the uterine contractions. It also helps to regulate the mood swings, anxiety and depression.



Ingredients	Therapeutic Use
<i>Camellia sinensis</i>	Helps soothe cramps and promotes blood flow.
<i>Curcuma longa</i>	Possesses anti-inflammatory properties thus relieves menstrual cramps.
<i>Foeniculum vulgare</i>	Decreases the pain, anxiety, depression, and other clinical symptoms of PMS.
<i>Cinnamomum zeylanicum</i>	Reduces menstrual pain and regulates the menstrual cycle.
<i>Anethum graveolens</i>	Has a relaxant effect on uterus contractions thus releasing blood flow and reducing cramps.
<i>Punica granatum</i>	Regulates bleeding and soothes menstrual cramps.
<i>Calcium carbonate</i>	Helps reduce menstrual pain by toning the muscles.
<i>Magnesium gluconate</i>	Relaxes the smooth muscle of the uterus and reduces the prostaglandins that cause period pain.
<i>Thiamine</i>	Helps to relieve menstrual cramps and increase energy levels.

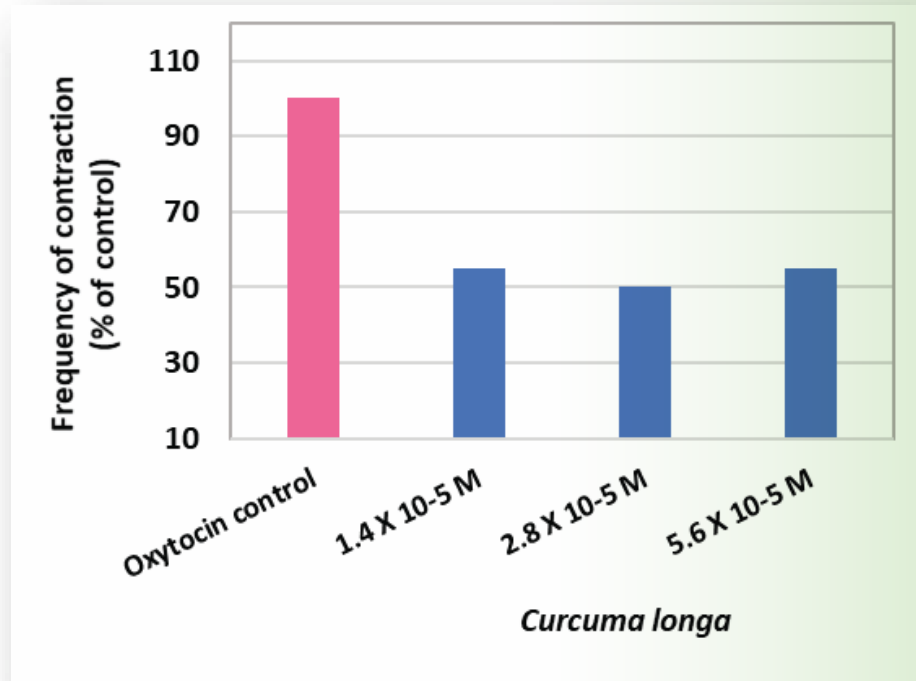


Efficacy claims

Curcuma longa and Foeniculum vulgare demonstrate activity against dysmenorrhea

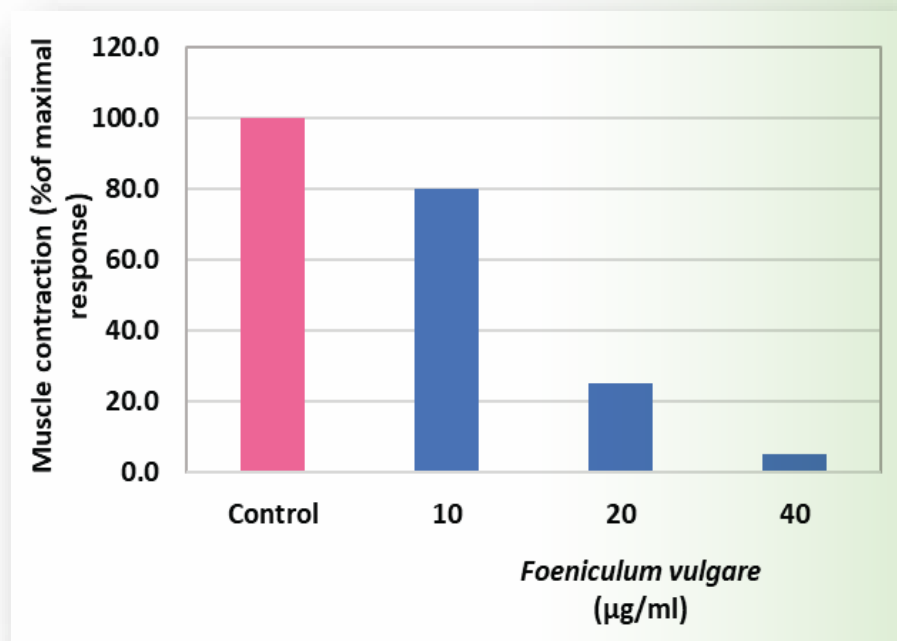


Decrease in frequency of contraction



Decrease in the frequency of force of contraction against oxytocin induced stimulation in uterine muscle of non-pregnant rat

Decrease in muscle contraction



Decrease in the uterine muscle contraction against PGE2 stimulation in rats

