

ANTHONY ROBBINS INNER BALANCE™

Natural Balance for Women

HOW IT WORKS

Specially formulated exclusively for women, Natural Balance for Women helps reduce both physical and mental symptoms associated with PMS. Through a synergistic blend of natural herbs known to possess anti-inflammatory and analgesic properties, Natural Balance for Women works to reduce cramping, fatigue, abdominal pain and body aches while naturally improving mood. Natural Balance is intended for women who experience PMS on a regular basis and have moderate to severe mental and/or physical symptoms.

Natural Balance for Women:

- Helps manage PMS
- Improves mood during PMS
- Reduces physical symptoms associated with PMS

WHY YOU NEED IT

Premenstrual syndrome (PMS) is a syndrome that encompasses many symptoms (Charushella G. Obs & Gynae Today. 2004; 9:1-7). This condition affects 30-80% of menstruating women and of those, 20-30% report moderate to severe physical and mental symptoms. These women's lives are routinely disrupted, and they tend to miss work more often than those without PMS.

In fact, the American College of Obstetricians and Gynecologists (ACOG) has developed criteria to help doctors identify women with this condition. Symptoms of PMS include those that affect mood, such as anxiety, depression or irritability, as well as physical symptoms such as abdominal bloating, edema, weight gain, and breast pain/tenderness.

Natural Balance for Women addresses both sets of symptoms and was developed in India by experts who study plants that have historically been shown to help manage such conditions. Herbs with a history of treating PMS were cultivated, and their essences have been extracted to deliver the same effectiveness and results each time you use Natural Balance. This proprietary, synergist herbal blend contains some common herbs like aloe vera as well as other, ancient Ayurvedic medicines like *Withonia samnifera* and *Saraca Indica*. Some of these herbs have been shown to possess anti-inflammatory and analgesic properties, which help with pain management. Others reduce stress while others work as muscle relaxants to reduce cramping.

After testing the ayurvedic formula of Natural Balance for Women in studies, medical doctors in India found that women who experience PMS regularly derived great benefit from this innovative product. By using this product each month for a period of four months, the women in this study reported significantly less anxiety and depression. Women also reported less fatigue; less abdominal, muscle, joint, and breast pain; and fewer headaches. There were no serious side effects reported by those using this herbal blend.

PRODUCT DESCRIPTION

One-month supply of Natural Balance for Women capsules

INSTRUCTIONS FOR USE

Daily serving: As a dietary supplement, take one capsule twice daily with meals, seven days before the expected onset of menstruation, continue up to three days during menstrual cycle.

Price: \$39.99

To order visit TonyRobbins.com/InnerBalance
Toll Free: 1.877.464.4733

Supplement Facts		
Serving Size: 1 Capsule		
Amount Per Serving		% DV*
Proprietary Herbal Blend:	330mg	†
Asoka (bark) extract		†
Chinese Chaste Tree (leaf) extract		†
Aloe Vera (leaf) extract		†
Ashwagandha (rhizome) extract		†
Lodh Tree (bark) extract		†
Ajowan (fruit) extract		†
Deodar Cedar (stem) extract		†

* Daily Value (DV) not established.

OTHER INGREDIENTS: Modified cellulose, purified water and magnesium stearate.

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