

## TRISANA - Feel good package:

### Prevention of Pre Menstrual Syndrom / PMS



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Nigella Damascena- Oil Capsules	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 1 Capsules after meals
TRISANA Calmag Calcium-Magnesium Cps.	3 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night

Stand: August 2005