



vibrant  
blue oils

# PMS Support™

— SYMPTOM SUPPORT —



**BENEFITS:** Alleviates pre-menstrual discomforts, reduces bloating and helps with relaxation and depression.

**INDICATIONS:** Premenstrual cramping and pain can be debilitating, forcing us to forgo work, family time and other activities just to survive that time of the month.

Vibrant Blue Oils Symptom Support PMS Support is formulated to assist in balancing hormones alleviating pre-menstrual and menstrual cramps, discomfort and other associated problems.

## Application



**HOW TO USE:** Apply 2 -3 drops across lower back, lower abdomen and around ankles. Apply with a hot compress to areas of discomfort.

**WHEN TO USE:** To aid with any pain or cramping, apply 2- 3 times daily or as needed.

**INGREDIENTS:** Vibrant Blue Oils Symptom Support PMS Support contains a proprietary formulation of Vetiver, Clary Sage, Sandalwood, Neroli, Bergamot, Petitgrain, and Geranium in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Helps ease cramps, nausea and hot flashes
- Calms hormone related moods



Proprietary symptom support blends are formulated to support and relieve discomfort and painful symptoms while the underlying concerns are being addressed.

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