

Tablets

FREEDAYS

Patient Information



Premenstrual Syndrome

Set of physical & emotional symptoms that typically occur in the days or a week before menstruation. These symptoms can vary widely and may include:



Mood swings



Irritability



Bloating



Fatigue



Tender breast








Depression

Why To Use Freedays?

Freedays is a unique and tailor-made formulation to treat symptoms of premenstrual syndrome by elevating its root causes. Freedays is non-hormonal & unlike non-steroidal anti-inflammatory drugs (NSAIDs), it is free of gastrointestinal and other side effects.

What Freedays Have?

	Chaste Berry	Therapeutic Effects It is used to address menstrual bleeding problems and premenstrual mastodynia (Breast Tenderness).	Significance It regulates menstrual bleeding, and relieves pain due to its anti-inflammatory and analgesic activity.
	Chamomile	Therapeutic Effects It has anti-spasmodic, anti-anxiety and anti-inflammatory properties.	Significance Its anti-inflammatory action reduces digestive pain and skin irritation/rashes, antioxidative action calms and soothes mood swings and maintains sleep cycle.
	Magnesium	Therapeutic Effects It has multiple advantages in premenstrual syndrome (PMS) and polycystic ovarian syndrome (PCOS).	Significance It supports ovarian function and reduces the risk of cyst formation, works as mood stabilizer.
	Vitamin B Complex (B6 & B12)	Therapeutic Effects Controls irregularities of menstrual cycles.	Significance It prevents extensive blood loss, enhances red blood cell production and reduces fatigue.
	Ginger Extract	Therapeutic Effects Gives digestive support with anti-inflammatory action & anti-oxidant properties.	Significance It alleviates bloating, nausea and reduces inflammation, easing abdominal cramps and discomfort.

Excellent safety profile

The safety of this medication is paramount, offering a comforting refuge for females navigating the complexity of their menstrual health. This formulation underwent rigorous analysis to ensure that its ingredients provide effective relief and induce well-being. Like a trusted companion, Freedays aim to alleviate discomfort and promote sense of balance during menstrual cycles. By prioritizing safety, it strives to empower individuals, fostering (promoting) a relation of trust between users and reassurance of a reliable collaborator in managing menstrual challenges.

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Side Effects

All ingredients are safe to use and these are included in US-FDA OTC list hence do not have major side effects. Only few minor side effects may occur like change in urine color because of Vitamin B Complex.

Precautions/ Contraindications

Drug should not be given to pregnant mothers, breastfeeding mothers, patient suffering from kidney and heart disease or if having any allergy to the ingredients.

Dosage

- Two tablets stat (at once) on day 1.
- One tablet morning and one in the evening for next 3 days.
- Depending upon severity of pain, one tablet after 4-6 hours can be taken.
- It can be taken with or without meal with a glass of water or fresh juice.

PCOS Prevention Guidelines:

Polycystic ovary syndrome (PCOS) is a hormonal disorder common among women of reproductive age. It is characterized by irregular menstrual cycles, excess androgen (male hormones) levels, and polycystic ovaries, enlarged ovaries containing numerous small cysts. PCOS can lead to various health issues, including infertility, weight gain, and an increased risk of diabetes and heart disease.

To avoid PCOS girls/women need to follow internationally recommended lifestyle modification steps which are given below:

Exercises for PCOS

Please scan QR Code to follow specific exercise steps to treat and reduce risk factors of PCOS.



Controlled Diet:

As per international guidelines, Low GI (Glycemic Index) diet is recommended for PCOS. Find the Diet Chart by scanning QR Code.



Sleep Pattern

Go to bed and wake up at the same time every day to regulate your body's internal clock. Reduce exposure to screens (phones, computers, TVs) at least an hour before bed to minimize blue light exposure, which can interfere with sleep. Engage in calming activities such as reading, meditation, or deep breathing exercises before bedtime.



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