



FEM PROTOCOL

Useful in cases of problematic cycles

Recommended for:

Women with heavy and/or particularly painful periods.

When is it recommended?

For many women, their period can be really problematic: irritability, cramps, menstrual pain and a feeling of exhaustion can become an unpleasant routine, especially if the flow is heavy.

Menstrual cycle disorders are often physiological phenomena, but this does not make them any less unpleasant. To enjoy peace of mind and well-being even during those days of the month, try the synergy of our 'no-stress cycle' protocol.

YOUR DAILY PROTOCOL

———— *10 days before your period and during your period* ————

Principium Magnesio Completo



To control mood swings and counteract muscle tension related to the menstrual cycle.

1 sachet or 2 tablets in the evening before bedtime; always take between meals.

Principium Ferplus Tre-tard



To combat iron loss, particularly in cases of heavy periods.

1 tablet in the morning.

After your period: 1 sachet or 2 tablets of Magnesio Completo for 10 days
In case of heavy periods: 1 tablet of Ferplus Tre-Tard in the morning, between meals, for 5 days.

Visit our store locator on the principiumlife.com website, enter your city and find the store nearest you.



Suitable for
vegans



Gluten
free



Lactose
free