



PMS & PMDD Mood Support

Natural Strategies for Anxiety, Irritability & Mood Swings Before Your Period

💡 Why This Happens

Mood symptoms before your period are often caused by:

- Sensitivity to normal hormone shifts (especially progesterone)
- Changes in brain chemicals (serotonin & GABA)
- Inflammation and stress response
- Blood sugar fluctuations

👉 It's not "just hormones"—it's how your **brain and nervous system** respond to them.

🏆 Top Supplements for Mood Support

Magnesium Glycinate or Threonate

- Calms nervous system
- Reduces anxiety, irritability, and sleep issues

Vitamin B6

- Supports serotonin and GABA production
- Helps reduce mood swings and irritability

Omega-3s (Fish Oil)

- Anti-inflammatory
- Supports mood stability

Chasteberry (Vitex)

- Supports progesterone balance
- Helps reduce PMS-related irritability

Note: May take 2–3 cycles to notice full benefits

L-Theanine (As Needed)

- Fast-acting calming support
- Helps with feeling "on edge"

🌿 Additional Support If Indicated

- Saffron - supports serotonin, mood, & emotions
- Ashwagandha → helps with stress and overwhelm
- 5-HTP or tryptophan → supports serotonin

Lifestyle Strategies That Make a BIG Difference

🥗 Stabilize Blood Sugar

- Eat protein with every meal
- Don't skip meals
- Include healthy fats

🔥 Reduce Inflammation

- Limit sugar, alcohol, and processed foods
- Increase whole foods, vegetables, and omega-3s

😴 Prioritize Sleep

- Aim for consistent sleep/wake times
- Get morning sunlight
- Limit screens before bed

🧘 Support Your Nervous System

- Gentle movement (walking, yoga)
 - Deep breathing or relaxation techniques
 - Avoid overtraining before your period
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Simple Starter Plan

- Magnesium, Omega-3, and Vitamin B6 supplements daily
- Add L-theanine during stressful days
- Chasteberry if indicated - discuss with your provider
- Adjust diet, supplements, and exercise during second half of your cycle if needed
- You can find specific supplement recommendations at our Fullscript site: us.fullscript.com/welcome/wellkcks under the Favorites category "Period Support"