



Menstrual Cramps - How to Help

Menstrual cramps (dysmenorrhea) are usually driven by **high prostaglandins + uterine inflammation + muscle contraction**. To treat them effectively, we want to **lower prostaglandins, relax the uterus, and stabilize hormones** so each cycle gets easier.

Best Supplements for Menstrual Cramps

Magnesium - #1

- Relaxes uterine muscle + reduces prostaglandins
- Also helps headaches, mood, and sleep
- Magnesium Glycinate ~200-400 mg nightly

Omega-3s (Fish Oil)

- Strong **anti-inflammatory**
- Lowers prostaglandins
- 1-2 gm EPA/DHA daily

Vitamin B1 (Thiamine)

- Very effective for cramps in studies
- Helps nerve signaling + muscle function
- 50-100 mg daily

Vitamin E

- Helps reduce prostaglandin production
- ~200-400 IU starting 2-3 days before period

Vitamin B6 (if hormones are involved)

- Helps with PMS + hormone balance
- Can reduce severity of cramps over time

Zinc

- Reduces prostaglandins + inflammation

Support Estrogen Balance

High estrogen → thicker uterine lining → more prostaglandins → worse cramps

Support with:

- Fiber (daily bowel movements = key)
- Cruciferous veggies (broccoli, kale)
- DIM or calcium-d-glucarate (if appropriate)
- Gut health / regular bowel movements

Herbal Options (also very effective)

Ginger

- Works similarly to NSAIDs for some people
- Reduces inflammation + pain signaling
- 500-1000 mg 2-3x/day during cramps

Turmeric / Curcumin

- Strong anti-inflammatory
- Helpful if cramps come with heavy bleeding or pelvic pain

Cramp Bark (Viburnum Opulus)

- Traditional uterine relaxant
- Great for sharp, spasm-like cramps

Raspberry Leaf Tea

- Supports uterine muscles / smoother contractions

Lower Prostaglandins Through Diet

• Reduce:

- Seed oils (high omega-6)
- Processed foods
- Excess sugar

• Increase:

- Omega-3 and antioxidant rich foods

Nervous System + Muscle Relaxation

- Heat (heating pad = underrated but effective)
- Gentle movement (walking, yoga)
- Magnesium at night

Address Heavy Bleeding

- More bleeding = more prostaglandins
- Support progesterone
- Sometimes, a prescription medication can help

Simple Starting Regimen

- Magnesium and Omega-3s daily
- Ginger as needed during cramps
- Could add in vitamin B1 and vitamin E 3-5 days before your period
- You can find specific supplement recommendations at our Fullscript site:
us.fullscript.com/welcome/wellkcks under the Favorites category "Period Support"