

MONTIFF INC

*Don Tyson's Advanced Nutraceuticals*

# Monti-Max

A PMS Solution

## **A unique blend of Vitamins, Mineral Chelates and L-Tryptophan in a sustained release tablet.**

Each 6 tablets contain the following: Vitamin A (palmitate) 10,000 IU, Vitamin C (ascorbic acid) 1500 mg., Vitamin D3 (Cholecalciferol) 100 IU, Vitamin E (d'alpha tocopheryl acid succinate) 100 IU, Thiamin (thiamin HCL) 30 mg., Riboflavin 25 mg., Niacin (Niacinamide) 25 mg., Vitamin B6 (pyridoxine HCL) 50 mg., Folic Acid 200 mcg., Vitamin B-12 (cyanocobalamin) 65 mcg., Biotin 70 mcg., Pantothenic Acid (d-calcium pantothenate) 25mg., Calcium (dicalcium phosphate and amino acid chelate) 550 mg., Iron (amino acid chelate) 15 mg., Phosphorus (dicalcium phosphate) 330 mg., Iodine (potassium iodide) 75 mcg., Magnesium (amino acid chelate) 250 mg., Zinc (amino acid chelate) 30 mg., Selenium (amino acid chelate) 100 mcg., Copper (amino acid chelate) .5mg., Manganese (amino acid chelate) 10 mg., Chromium (amino acid chelate) 100 mcg., Potassium (amino acid chelate) 49 mg., L-Tryptophan 10 mg., Bioflavonid complex 250 mg., Rutin 25 mg., Choline Bitartrate 300 mg., Inositol 25 mg., Para-amino Benzoic Acid 5 mg.,

## **RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:**

- Women who have PMS.
- Women who are concerned about getting the proper daily nutrients.
- Women who are characterized by such unwelcome symptoms as weight gain.
- Women who are under moderate to high business stress (the changing role of women in society).
- Women who suffer irritability, anxiety and headaches.
- Improper diet.
- General health maintenance.

### **Why Monti-Max?**

Numerous studies have reported the benefits of vitamin, mineral and amino acid supplementation in reducing PMS symptoms. Vitamin B-6 supplementetation have benefited women by 70 – 80% in the reduction of PMS symptoms. Vitamin B-6 is an essential co-factor in the conversion of L-Tryptophan to Serotonin. Blood Serotonin levels have been found to be significantly lower during the last 10 days of the menstrual cycle in women with PMS. Furthermore, B-6 supplementation can reduce elevated estrogen levels and increase low progesterone levels; hormones will influence PMS.

### **Additional Features of Monti-Max**

- B6 and Magnesium Supplementation has been shown to significantly increase low red blood cell (RBC) magnesium levels typically seen in women with PMS. Iron has been added to help support hemoglobin production as well.
- B-6 and Magnesium supplemental form have been shown to reduce cramping. Both of these nutrients can be lowered by oral contraceptives.
- Vitamin E has also been shown to reduce PMS, primarily with respect to breast symptoms.

### **Directions**

As a dietary supplement, take 10 days before and during menses, one to two tablets with meals, or as recommended by a health professional. Rest of month, one tablet breakfast and dinner. To be used as dietary supplement in a normal food program. A unique balance of highest quality ingredients manufactured in a GMP facility.

Contains no starch, corn, milk, wheat, yeast, sugar, eggs,salt, artificial colors, flavors, preservatives, fish or meat products. Monti-Max is formulated with only the highest quality ingredients.

Warning: Accidental overdose of Iron containing products is a leading cause of fetal poisoning in children under 6.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

## References

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