

Zeit für gute Vorsorge ...



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## **B vitamins and menstrual problems**

These are the premenstrual syndrome, but also a weak, absent, premature, strong, protracted or irregular menstruation or last but not least simply pain.

The cycle of menstruation has an influence on the psychological and physical state of the woman - but on the other hand, it is also very influenced by psychological and physical changes.

Hormonal balance is affected by various factors. E.B. through worries, stress, a new job, physical overexertion and competitive sports, personal conflicts, travel, diets, changes in contraception, imbalance in blood sugar, eating disorders and other diseases (e.B. the thyroid gland) that lead to various disorders of menstrual bleeding.

Many forms of menstrual disorders can be mitigated by adjusting to a healthy and nutritious diet. Especially B vitamins have a stabilizing influence on menstruation. Sometimes, however, only a dietary supplement containing B vitamins helps to compensate for an increased need (e.B. adolescents, women who want to have children and especially smokers).

**Vitamin B6** can help with possible premenstrual fluid retention, swelling and hypersensitivity.

**Vitamin B9** can help with mood swings.

**Vitamin B12** can help restore hormone balance and thus a normal menstrual rhythm.