

Beat Stress and Mood Swings Naturally

Communeco is representing leading all-natural women's health supplement, 30 Plus® NuWoman®

Do you burst into tears for seemingly no reason, snap at those closest to you and generally feel moody, sometimes angry and just plain "out of sorts"? While stress, mood swings and low energy have become accepted symptoms of modern living for most women, there is a natural remedy that has helped thousands balance their hormones and take control of their lives.

Formulated 15 years ago by naturopath Dr Jeff Butterworth for Australian Olympic gold medallist Lisa Curry Kenny, 30 Plus® NuWoman® is an all-natural daily supplement designed to help women suffering from hormonal imbalance symptoms that can disrupt quality of life and lead to symptoms such as mood swings, stress, irritability and lack of energy.

With its all-natural ingredients including herb black cohosh, a long-time favourite of native American Indians, who first spread awareness of its benefits to Europe. After the 1950s, its effectiveness became known throughout the Western World. Today, it is most commonly used to alleviate female-specific symptoms such as hormonal imbalance, oestrogen dominance, premenstrual syndrome and menstruation issues.

30 Plus® NuWoman® uses a standardised extract of Black Cohosh from the USA known for its safety and efficacy.

Other active ingredients in the popular formula include:

Amino acid tyrosine, which may help balance glandular, thyroid and adrenal function, which can increase energy, prompt weight loss and reduce anxiety; Mineral chromium, which may balance blood sugar levels, increase energy and reduce sugar and food cravings;

Vitamins B6, B9 and B12 which may help clear oestrogen through the liver and help to balance hormones. So effective is 30 Plus® NuWoman® that its ingredient profile has remained unchanged since it was first formulated more than 15 years ago. Women around the world have reported overwhelmingly positive outcomes from taking the supplement for the recommended minimum 12 weeks.

30 Plus® NuWoman® does not interact with the contraceptive pill, and in many cases can help deal with the hormonal imbalance caused by it.

Health and fitness coach, Makaia Carr of Motivate Me NZ says 30 Plus® NuWoman® has become her secret weapon to help balance "all those erratic emotions we experience when day-to-day life gets on top of us".

"A feeling of calm and peace comes over me and it makes dealing with everything so much easier—and most of all, I become a much better person to be around," Makaia says.

"The time for them to work varies for everyone, but these are def my go to supplement when I start feeling like everything is falling down around me... instead of adding extra stress to an already stressful environment, these help me stay calm and work my way through everything that still needs to be done."

30 Plus® NuWoman® should be taken for a minimum of three months before assessing its effectiveness.

30 Plus® NuWoman® 120 tablets: \$59.00 RRP (NZD) 30 Plus® NuWoman® 60 tablets: \$35.00 RRP (NZD)

New Zealand: Available in pharmacies, health food stores and selected Countdown supermarkets. Australia and worldwide: Available online at www.30plus.co.nz

Contraindications: Do not take 30 Plus® NuWoman® if you are pregnant, breastfeeding or suffer from an overactive thyroid condition. Consult your healthcare practitioner if you are taking prescription anti-depressant medication.

MEDIA NOTES:

Product samples may be available for review and photography purposes; Giveaway opportunities may be available upon request. Potential Angles:

- Natural solutions for stressful living;
- Must-have supplements for women;
- Ancient ingredients to treat modern-day health concerns;
- Top 5 reasons you want to cry and don't know why;
- What are hormones, why they get out of whack and what to do about it;
- How to feel beautiful from the inside;
- Supplements to add to your beauty routine.

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