

# Femal, a natural remedy based on two pollen extracts, reduces symptoms of PMS.

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**Aim/Background:** To evaluate if Femal treatment would reduce major symptoms of premenstrual tension (PMS) with special reference to what subset of symptoms, if any, would respond most successfully to treatment.

**Methods:** The design was a double-blind, placebo-controlled, randomized, multicenter study. 120 patients were included and tested as devised by Steiner. Primary variables were Premenstrual Tension Syndrome self-rating (PMTS-S) and Premenstrual Tension Syndrome observer-rating (PMTS-O). Secondary variables were PMS symptoms evaluated on visual analogue (VAS) scales. Femal tablets 160 mg (twice daily) or identical placebo was randomly administered for a 4 month treatment period.

**Results:** Nineteen patients dropped out during the run-in phase leaving 101 for evaluation. 50 of these patients reported irritability, short fuse, anger or hostility and 34 reported dysphoria as the most predominant symptom. The remaining patients reported different other symptoms. These small subfractions were not statistically evaluated. In the group reporting irritability, short fuse, anger or hostility as the most predominant symptom Femal resulted in a 45% reduction in PMTS-S and a 48% reduction in PMTS-O rating as compared to placebo ( $p < 0.011$  and  $p < 0.027$ ) respectively after 2 and 4 months of treatment. Evaluation of ten PMS symptoms using VAS scales resulted likewise in a significant reduction in favor of Femal. In the group with dysphoria Femal did not significantly reduce symptoms.

**Conclusion:** The present data suggest that Femal reduces major symptoms of PMS especially in patients reporting irritability, short fuse or anger as the most predominant symptoms.