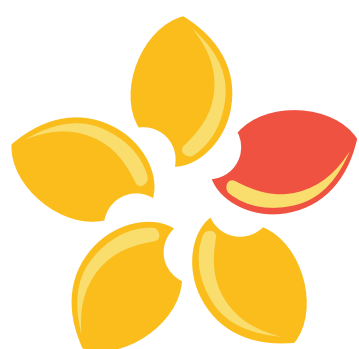


THE JUBILANCE PMS ANXIETY TOOLKIT

*The Ultimate Science-Based Guide To
Living PMS Anxiety Free*



JUBILANCE™
PMS Symptom Relief

PMS ANXIETY IS ROBBING YOU OF THE LIFE YOU DESERVE

(but it doesn't have to)



That anxious "PMS you" IS **NOT** the real you.

Beneath those symptoms you are calm, confident and can handle anything.

Beneath those symptoms, **you shine.**

Anxiety is the most commonly reported mood symptom of PMS and yet nobody is talking about it.

More importantly, **nobody is talking about how** there are a multitude of scientifically proven, well-researched solutions that can offer you a life completely free from all the fear, panic, and stress of PMS anxiety.

Jubilance's PMS Anxiety Toolkit is the result of vetting hundreds of peer-reviewed studies to identify the **fastest, most impactful solutions** for relieving PMS-related anxiety and distilling them into straightforward changes you can implement **today.**

We, the creators of this guide and the team behind Jubilance, is made up of women who have suffered through PMS anxiety ourselves.

We've clawed our way through all the "hacks" and "toptips" that don't work in real life until we found the systems that **finally liberated our best selves.**



Plus, we included stories of real, everyday women who have conquered debilitating PMS anxiety and interviewed the world's leading experts on anxiety relief for you to absorb the motivation, knowledge and wisdom you need to transform.

If you are ready to live life as the **REAL YOU** all month long, PMS Anxiety free, this is your ticket to paradise. Enjoy.

Sincerely,

The Jubilance Sisterhood



LET'S GET INTO IT

By far...

The best place to start is here.

This is the dynamite to address the root cause of your PMS anxiety.

The rest of these tools are chisels to fine-tune your anxiety-free masterpiece.



The most powerful anti-PMS anxiety compound ever studied.
**THERMALLY STABILIZED
OXALOACETATE**

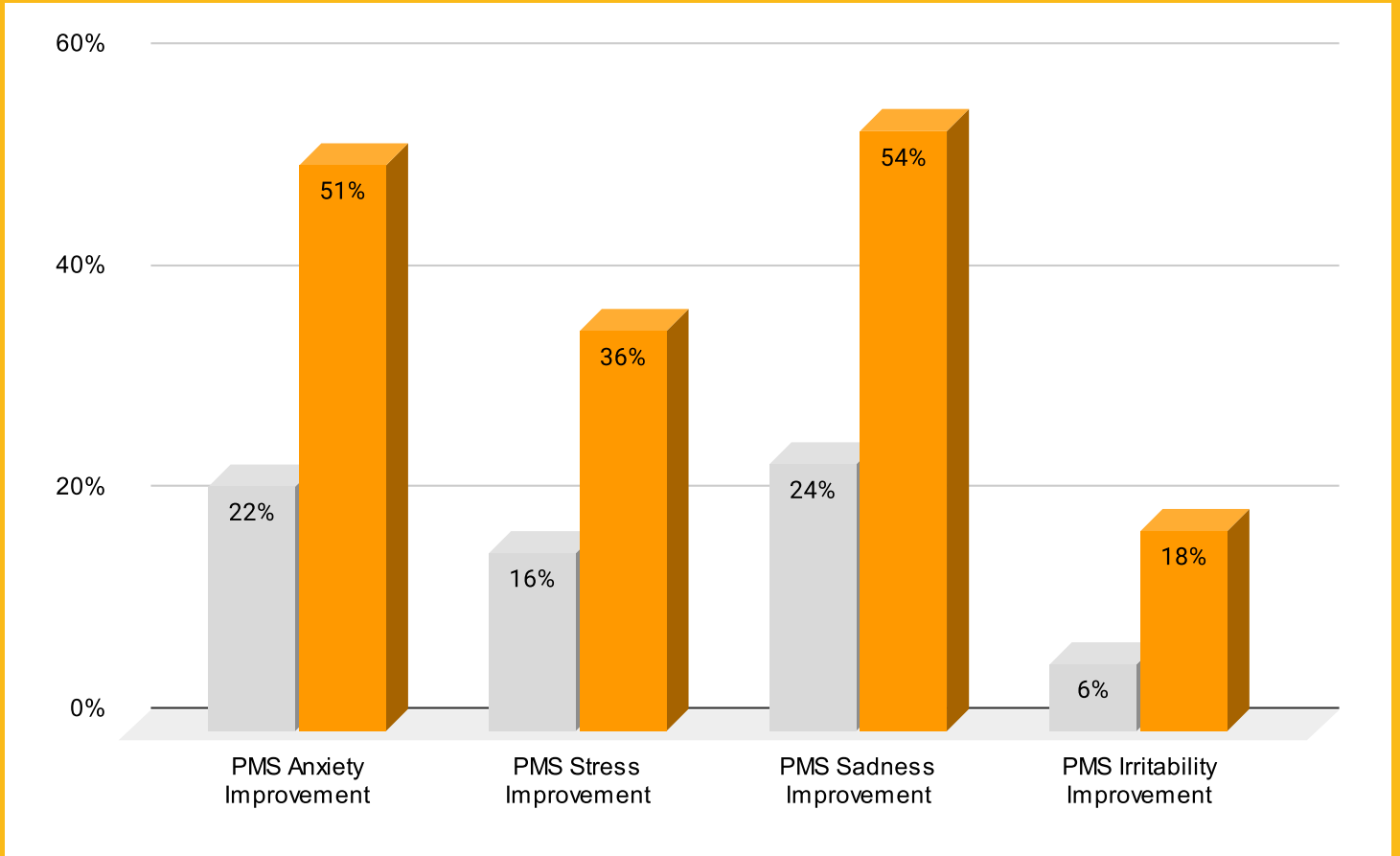
Oxaloacetate is
the tiny molecule



holding the key
to PMS anxiety
freedom



DAILY OXALOACETATE RELIABLY OFFERS LIFECHANGING PMS ANXIETY RELIEF



- **1 Monthly Cycle of Daily Placebo**
- **1 Monthly Cycle of Daily Oxaloacetate**

THE HISTORIC CLINICAL TRIALS OF OXALOACETATE FOR PMS ANXIETY

Oxaloacetate has been investigated in multiple double-blind, placebo-controlled human trials for its ability to relieve PMS symptoms. The findings have been...

- ✓ Peer-reviewed and published by the internationally renowned Journal of Obstetrics and Gynecology Science
- ✓ Recorded and published by the National Institutes of Health
- ✓ Cited by 8 other medical science journals and counting
- ✓ Evaluated by the U.S. Food and Drug Administration.

The randomized, double-blinded, placebo-controlled study led by Lisa Tully, Ph.D., reports that the four core mood symptoms associated with PMS, **anxiety, irritability, stress and sadness, were all significantly reduced** compared to placebo after daily intake of Jubillance for 30 days.





“THAT’S A REALLY BIG DEAL.”

Lisa Tully, Ph.D., principle investigator of the groundbreaking study of oxaloacetate for PMS, describes the clinical significance of this magnitude of PMS relief.



Lisa Tully, Ph.D.
Principal Investigator, Pharmacologist

"The magnitude of relief here is on par or greater than what is seen in typical prescription drug interventions for PMS mood symptoms.

But is more accessible and doesn't require disruption of the body's natural hormone cycling.

That's a really big deal.

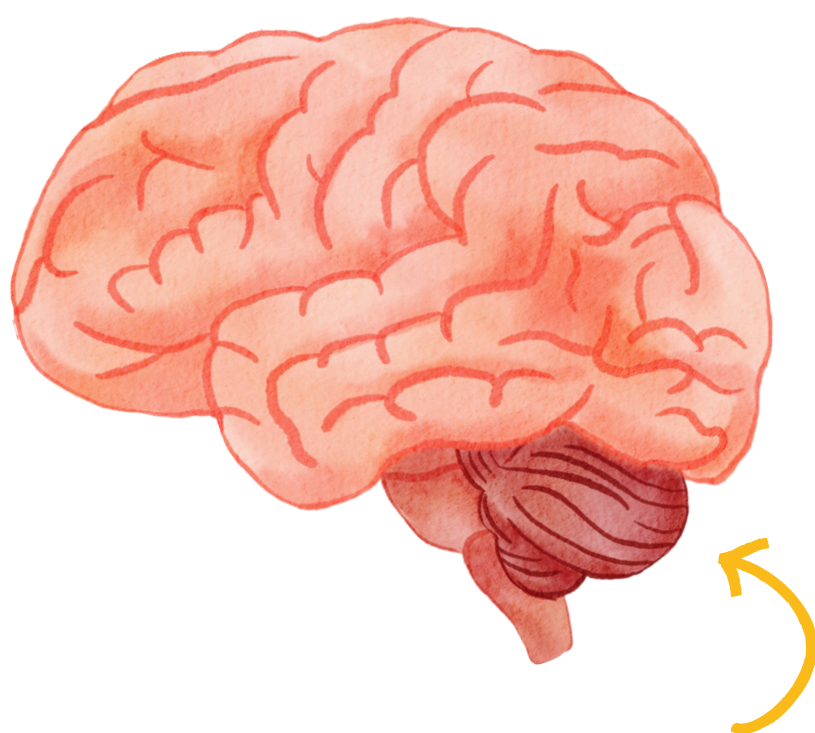
The significance of symptom relief *without hormone disruption or altering serotonin activity*, like with an SSRI, evolves our understanding of the root cause of PMS mood symptoms.

The ability of oxaloacetate, a supplement known to increase glucose uptake, to have this positive effect on PMS anxiety, irritability, stress and other symptoms, would explain why a hallmark of PMS is a craving for high-sugar and high-fat foods. It also explains why so many women experience temporary relief from these foods, but symptoms return after the sugar crash.”



HOW OXALOACETATE RESOLVES PMS ANXIETY

Oxaloacetate tackles PMS anxiety on multiple fronts.



SUPPORTING YOUR CEREBELLUM

During PMS, hormone levels in some women can shift. This shift causes other parts of the body, especially the uterus and surrounding areas, to require more energy than normal. A region of the brain called the cerebellum, particularly sensitive to shifts in glucose supply, is left with less than it normally has the rest of the month.

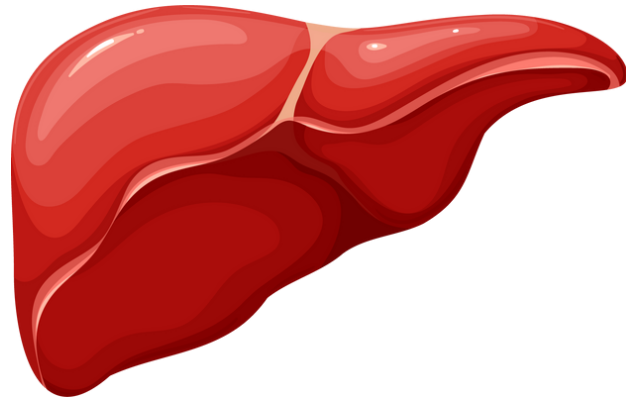
Hence why you may have ravenous carb and fat cravings, which is essentially your cerebellum yelling, “I need more energy NOW!”

When the cerebellum doesn’t have enough energy to function properly, it can’t perform one of its primary jobs properly: emotional regulation.

This is the major cause of PMS anxiety, along with a host of other unwanted reactions like sadness, irritability, stress and mood swings.

In clinical trials, oxaloacetate supplementation has increased cellular uptake of glucose, including direct increase of brain glucose uptake. This increase in cellular uptake of glucose in the brain provides the extra energy your cerebellum needs to continue functioning normally.

That means you achieve the emotional stability, and the level of anxiety, that you feel during your best times of the month, all month long. (And many women report an overall improvement as well).

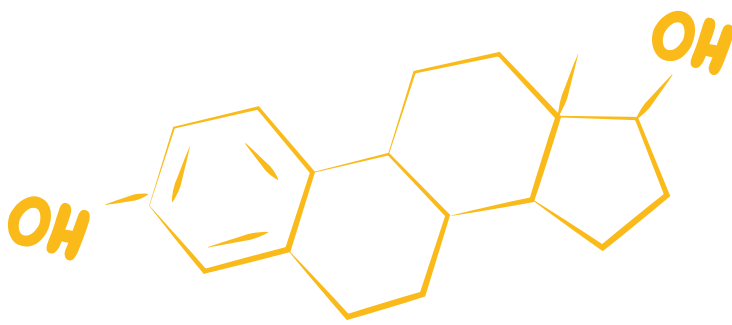


SUPPORTING YOUR LIVER

Oxaloacetate has also been shown to work in the liver to support the process of **turning fatty acids into glucose**.

Improved fatty acid metabolism means that more glucose energy is readily available for the cerebellum when it needs it most.

When your cerebellum has the extra energy it needs to regulate your emotions properly, you get your best self back.



BALANCING YOUR GABA LEVELS

When glutamate levels are too high and GABA levels are too low, the brain goes into overdrive with anxiety, racing thoughts, and overreactions to stimuli.

Oxaloacetate has been shown to reduce excess glutamate levels and increase GABA levels in the brain via “glutamate scavenging.”

While in your bloodstream, oxaloacetate binds to glutamate. The body, sensing the lower glutamate levels, sends excess glutamate across the blood-brain-barrier into the body, bringing the GABA-glutamate levels in the brain back into balance.

This is why clinical trials show that **oxaloacetate helps balance GABA and glutamate levels to improve PMS anxiety**.

1. Liu B, Wang G, Gao D, Gao F, Zhao B, Qiao M, et al. Alterations of GABA and glutamate-glutamine levels in premenstrual dysphoric disorder: a 3T proton magnetic resonance spectroscopy study. *Psychiatry Res.* 2015;231(1):64-70.
2. Michener W, Rozin P, Freeman E, Gale L. The role of low progesterone and tension as triggers of perimenstrual chocolate and sweets craving: some negative experimental evidence. *Physiol Behav.* 1999;67(3):417-20.
3. Mantantzis K, Schlaghecken F, Sunram-Lea SI, Maylor EA. Sugar rush or sugar crash? A meta-analysis of carbohydrate effects on mood. *Neurosci Biobehav Rev.* 2019;101:45-67.
4. Marco R, Pestana A, Sebastian J, Sols A. Oxaloacetate metabolic crossroads in liver. Enzyme compartmentation and regulation of gluconeogenesis. *Mol Cell Biochem.* 1974;3(1):53-70.
5. Tully L, Humiston J, Cash A. Oxaloacetate reduces emotional symptoms in premenstrual syndrome (PMS): results of a placebo-controlled, cross-over clinical trial. *Obstet Gynecol Sci.* 2020;63(2):195-204.
6. Yoshikawa K. Studies on the anti-diabetic effect of sodium oxaloacetate. *Tohoku J Exp Med.* 1968;96(2):127-41.
7. Vidoni ED, Choi IY, Lee P, Reed G, Zhang N, Pleen J, et al. Safety and target engagement profile of two oxaloacetate doses in Alzheimer's patients. *Alzheimers Dement.* 2020.

JUBILANCE'S PMS ANXIETY TOOLKIT

Try our
**Anxiety
Relieving
Meditation**
by our
Resident
Therapist

**Our
Playlist**
that
targets
your
Anxiety

The best
**mental
health
books** to
help with
anxiety

Even
more **self
help
books**

A Jubilance Employee on
her own Anxiety Story &
conquering it

[Read More](#)

NYC Makeup Artist Emma was...

FED UP

No matter how happy her clients were or how much her boyfriend loved her, every month PMS mood swings turned Emma's life upside down. **Finally, her doctor recommended she try daily Jubilance and everything changed.**



“Every month I had 10-12 days of feeling extremely moody, and teary.”


Overall I just felt helpless.”

“After just three weeks of daily Jubilance, get this, **I DID NOT GET PMS!**

No negative emotions, no dark thoughts, no crying, I did not lash out, *I literally felt fine.*

I cannot believe it! I have not been PMS free in years.”

[Watch Emma's Interview](#)



WHAT'S THE BEST SOURCE FOR OXALOACETATE?

Well... we humbly recommend
[jubilance.com](https://www.jubilance.com), here's why:

PREMIUM FORMULA PROVEN RESULTS

Jubilance is the most advanced scientific approach to PMS anxiety relief available today.



No Fillers or Dyes



Vegan



Clinically Proven



Gluten Free



No Preservatives

After reviewing the clinical trial results and testimonials from patients and doctors, the Food and Drug Administration (FDA) has allowed Jubilance's "Structure/Function" claim, one of the first in history for an over-the-counter PMS mood solution.

“Oxaloacetate may help alleviate the mild to moderate psychological and/or behavioral symptoms associated with Premenstrual Syndrome (PMS).”



Scientifically Proven

Jubilance is clinically proven in multiple, peer-reviewed, placebo controlled trials to significantly lower PMS anxiety, irritability, sadness and stress.



Lifetime Guarantee

If Jubilance doesn't do it for you, you don't pay. Your first bottle includes a lifetime money-back guarantee. No red tape. No need to mail back the bottle.



Targeted, Proactive Design

Jubilance is powered by oxaloacetate and paired with Vitamin C to ensure maximum bioavailability. Two precise, targeted ingredients for effective results.



Used By 45,000+ Women

You're in good company, women worldwide use Jubilance to live PMS free. Jubilance is recommended by doctors, therapists, CEOs, life coaches, and moms.



CLINICALLY PROVEN & GUARANTEED

Jubilance uses the identical proven formula from the clinical trials: 100 milligrams of thermally stabilized oxaloacetate per capsule, paired with 150 milligrams of Vitamin C to ensure maximum bioavailability.

Supplement Facts	
Serving Size: 1 capsule per day, 30 servings per bottle.	
Amount per serving	% DV **
Vitamin C (Ascorbic Acid) 150mg	167%
Oxaloacetate (Thermally Stabilized Oxaloacetic Acid) 100mg	T
** Percent Daily Values are based on a 2,000 calorie diet. T Percent Daily Value not established. Supplement facts are based on current information. Customer responsible for final testing.	

92% of Jubilance customers order again (and often again, and again and again). But a few don't.

Every human body is unique and Jubilance doesn't work for everyone. The only way to know if Jubilance will work for you is to try. And if it doesn't, you don't pay a dime.

Your first purchase includes a **100% money-back guarantee**. If Jubilance doesn't give you freedom from PMS, shoot us an email at jubilance.com/contact-us and we'll issue a full refund.

No need to mail back the bottle.

No time limit.

No hoops to jump through.

Just all your money back.


[Shop Now](#)



Madison was ready for a **CHANGE**

Everyone in her family knows, “Madison doesn’t take medicine.” She prefers to rely on her inner strength and eschew outside help, even giving birth without an epidural.

But after a decade of worsening PMS mood symptoms, she finally gave Jubilance a try. In one month, her PMS disappeared. Now she uses her inner strength to conquer better challenges.



“My Dad calls me 'Moody Maddy.' Awful PMS mood symptoms were just a normal part of my life.

“After my first month of taking Jubilance, I just kept waiting... where is the dread? Where are those symptoms I’m used to?”

“Then one morning I woke up with my period and realized, ‘I DIDN’T HAVE ANY PMS!’

Since starting, I’ve taken Jubilance every single day and I will never be without it again.”

[**Watch Madison’s Interview**](#)



My life is 100% better...

I've had two straight months of no PMS at all! My first every full 60 days of being level-headed, happy and calm after a lifetime of struggle.



Kolette S.



Over a year later and still PMS free.

My symptoms have been minimal to practically nonexistent since I started. Jubilance has been profoundly life-changing for me.



Marissa E.



WOMEN HEALTH MADE JUBILANCE ONE OF IT'S "2024 TOP HEALTH PICKS"

And Jubilance has been the talk of the town in the publications below. But more importantly, more than 45,000 women use Jubilance to live PMS anxiety free.



Jubilance for PMS

The daily capsule loved by women worldwide, clinically-proven to relieve PMS mood symptoms in the first monthly cycle.



Comprehensive Relief

Synergy for powerful results: A subscription to Jubilance for PMS provides a baseline of relief + a single Uplift Lozenges bottle for moments when you need extra support fast.

Shop Now

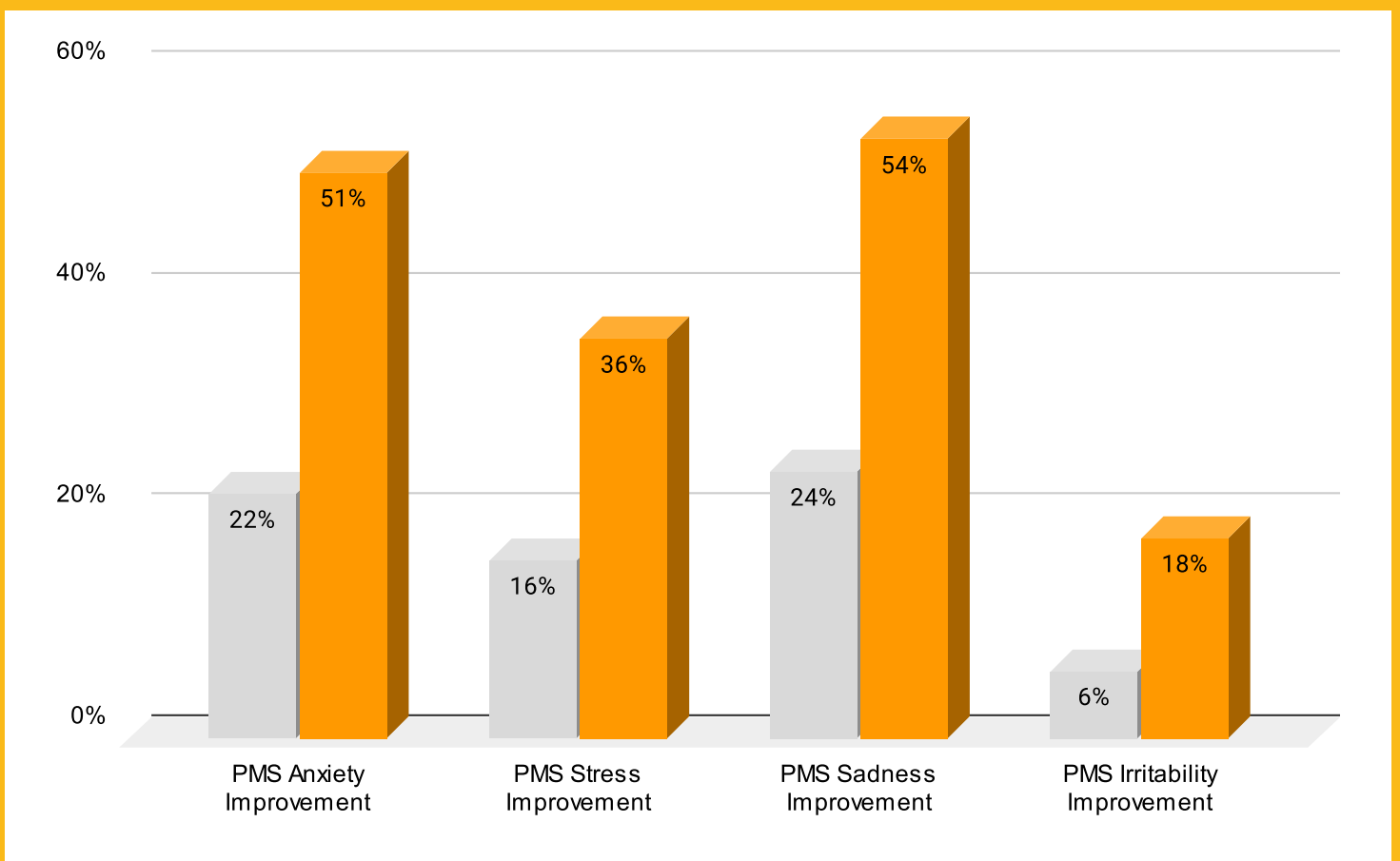
Want the best PMS relief?

TAKE JUBILANCE EVERY DAY

Everyone using Jubilance successfully will tell you the same thing: **take Jubilance every day, all month long**, whether or not you're having symptoms.



The data agrees. Studies show daily **Jubilance** is the quickest path to the best PMS relief.



● 1 Monthly Cycle of Daily Placebo

● 1 Monthly Cycle of Daily Jubilance

DEFINING PMS ANXIETY



1

What is Anxiety?

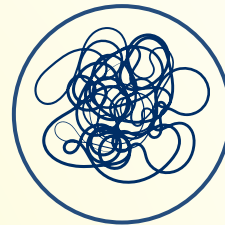


Anxiety is the body and mind's reaction to stressful and dangerous ideas before a specific event. There is a sense of a persistent worry and fear about the everyday. Anxiety is the dread of what is to come.

How does Anxiety manifest?

Anxiety is different for everyone but some common physical factors are rapid or intense breathing, sweating, feeling tired, or a faster heart rate. It might just feel like butterflies in the stomach or it can result in nightmares and panic attacks. Your anxiety won't always feel the same in your body.

2



3

Anxiety during PMS

Our feelings can become all-consuming and interfere with daily living, we feel this when we have our period. Anxiety is a common symptom women experience during PMS, the time right before the period. About 80% of women encounter some form of PMS and anxiety.



Everyone has Anxiety

It's important to note that EVERYONE experiences anxiety during their lives, we all might feel it in different ways, but you are not alone. Even the most put together person has experienced anxiety of some kind.

4



[Learn More](#)



Tending to your PMS Anxiety

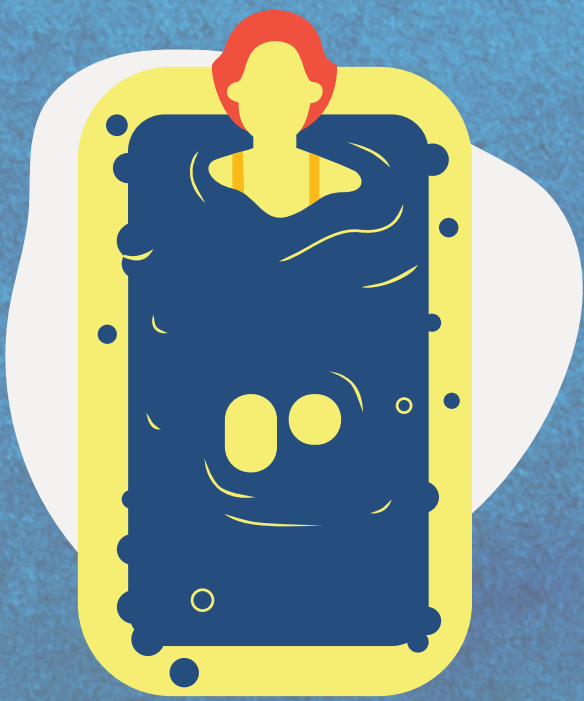


Keep Track

It can be helpful to track what is happening before and at the time of the feeling. You can do so by simply identifying and writing the feeling down, marking the date and time, and what might have happened to set that feeling off.

Move Your Body

When you integrate movement into your routine on a regular basis, you release endorphins in your body, which ultimately helps improve and stabilize your mood. This can not only improve mood on your period but can also help you throughout the rest of your cycle.



Rest

It may seem simple but getting enough rest for your body can be wildly beneficial for not only your overall mental wellness, but also for your mental health throughout your cycle.

Eat mindfully

It's important to keep your body well nourished. [Check out our healthy recipes to eat well during your period.](#)



80%

of women experience anxiety during their periods

Anxiety & Food

Recommendations and tips to improve nutrition during anxiety

01

Prep Your Food

Take a Sunday to prep your ingredients for the week. Chop veggies, cook proteins, and portion them out. This makes assembling meals a breeze, even during your busiest days.

[Here are some of the Best Healthy & Easy Foods](#)



02

All the Vitamins

Try eating foods with more calcium. You can find these foods in yogurt in soy products, and also milk of course.

[What should you Eat during PMS?](#)

03

Drink enough water

The big thing you can do is to drink all of the water. You want to fill up on water and get at least eight glasses/cups each day.



04

Limit consumption of processed foods

Try limiting your salt intake. Instead of eating processed food, try grabbing more veggies and fruits in your diet. Salt is a big source of bloating and breast tenderness during PMS..

04

Change up your sweets - try chickpea cookies

So the solution for PMS stress relief is to try your best to eat healthy, and we know it's hard, that's why we've come up with this dessert alternative, healthy chickpea chocolate chip cookie dough.

[Get the Recipe Here!](#)



[Get All of our Recipes](#)

Tips for Managing PMS Anxiety by our Resident Therapist



1

Ground Yourself

If you're able to either get outside or find a comfortable space in your home, go for it. Physically planting your feet on the ground and getting your body into a comfortable position can do wonders for redirecting your mind from a nervous state to the beginning of a relaxation state.

Before jumping into anything else, ground your body.

2

Take a Mindful Moment

Much like grounding, stepping away from whatever present situation you might be in when nervousness sneaks in, can be so beneficial in redirecting anxious energy. If you are able to take even five minutes away in a comfortable space, it can do wonders.

It can be important to take the time to check in with yourself and what you might need in that moment. Sometimes anxiety or nervousness is a way for your brain to communicate that you might be missing a basic need. Perhaps you are feeling unsafe, tired, or even hungry! So being able to check in with what your body might need may help give the anxiety what it needs to disappear.

A way to do that can be through meditation, prayer, journaling, noticing the things for which you are grateful, taking a few cleansing breaths, or whatever activity you might do visit with yourself.


3


Check in with your Senses

Much like in the meditation exercise linked above, checking back to your basic senses can bring you to the present moment. This can ultimately bring you back to that grounded space and can help you be present.


It's as easy as 5-4-3-2-1. Think of five things you hear around you, four things you see, three things you feel, two things you hear, and one thing you taste.

Much like the other exercises, this will help bring your body to the present and will communicate to your anxiety that it is time to leave.





HOW TO CONQUER THE SUNDAY SCARIES



PLANNING

Breaking down your workload into manageable chunks will help alleviate the overwhelming feeling of uncertainty.

ROUTINE

Engage in activities that promote calmness and help you unwind. You'll recharge your mind & body, easing the transition from weekend to work.

BOUNDARIES

It's important to set boundaries and unplug from work-related activities. Give yourself permission to relax and enjoy your time away from work.

POSITIVITY

Shift your mindset from dread to positivity by focusing on the opportunities and excitement that lie ahead in the coming week.

FIND JOY

Finding joy in your Sunday night activities will help shift your focus away from work-related worries.

SELF CARE

By maintaining a balanced lifestyle and caring for your well-being, you'll reduce stress levels and approach Sundays with a greater sense of calm.

[Learn More](#)

Women's Stories Fighting PMS Anxiety

01.

**Stephanie
Dalfonzo on
breathe work**

[Listen Now](#)



02.

**Emotional
Decisions &
Money
with Erin Cary**

[Listen Now](#)



03.

**Periods &
Anxiety at the
Olympics with
Lina Taylor**

[Listen Now](#)



[Listen to More Stories](#)

Coping with Anxiety as a Mom



Make a Plan

Every Sunday I check my weekly schedule. When do my sons have games? When do I have early meetings? I make a plan for myself for each day of the week.

Budget Budget Budget!

And follow that budget. We all know that money causes a lot of stress and anxiety. Following a budget and being ready for unexpected expenses can reduce stress.

Happiness Surrounding

I love being with my family & watching movies together. Sometimes we just need the time together to relax and laugh. It has become a fun tradition.

Healthy Life

Take care of your health...physical and mental. Mental health is not something to be embarrassed about. It is just as important as eating healthy and staying active.

Small Things

Don't sweat the small things. If your laundry doesn't get put away, it's ok. There is no reason to let living and being busy stress you out.

TAKE TIME FOR YOURSELF WITH *Meditation* _____

Create a meditative place

Choose or create a restful, relaxing space that's quiet and clutter-free.

Be at your most comfortable

Don't be pressured by the meditation positions you often see. Find one you feel relaxed in.

Take slow, deep breaths

The way you breathe makes a difference. Focus on the natural rhythm and flow of breathing, and you'll notice how calmer you feel.

Let your thoughts flow

It's normal for your thoughts to wander. Instead of resisting, allow them to flow freely.

Move gently

When you're ready to end, ease into reality slowly, starting with opening your eyes.

[Listen to all of our Meditations](#)

