

*Press Release*

*For Immediate Release*

**Nature’s answer to PMS – innovative solutions to women’s wellbeing**

PMS, or pre-menstrual syndrome, affects millions of women worldwide, impacting their quality of life in the days leading up to menstruation. Understanding the physical and emotional toll that PMS can take, 3Sixty Biomedicine developed the Salome range, harnessing the power of nature to bring relief and harmony to women experiencing these common and often untreated symptoms.

**Holistic approach to treating PMS**

In addition to innovative products like those in the Salome range, it's important to explore holistic approaches for managing PMS symptoms. Regular exercise has shown to be a powerful ally in alleviating pre-menstrual discomfort. Engaging in activities such as yoga, walking, or swimming not only promotes physical wellbeing but also aids in reducing stress and improving mood. Furthermore, maintaining a balanced diet rich in whole grains, fruits, and vegetables while minimising caffeine and sugary intake can contribute to hormonal balance and mitigate the severity of PMS symptoms. Small lifestyle adjustments, such as ensuring adequate sleep and managing stress through practices like meditation or deep breathing exercises, can also play a pivotal role in fostering overall well-being during the menstrual cycle.

Moreover, staying hydrated is a simple yet effective strategy in the battle against PMS. Drinking plenty of water helps to flush out toxins, reduces bloating, and supports the body's natural processes. Incorporating herbal teas known for their calming properties, such as chamomile or peppermint, can provide a soothing respite during times of heightened sensitivity. These lifestyle choices complement the efforts of dedicated products like those from 3Sixty Biomedicine's Salome range, offering women a multi-faceted approach to managing and alleviating the often challenging symptoms associated with PMS. By embracing a holistic approach, women can empower themselves to navigate the ebbs and flows of their menstrual cycles with grace and vitality.

**A 360 solution**

"Navigating the challenges of PMS can be overwhelming for many women. The Salome range, is a testament to 3Sixty Biomedicine’s commitment to providing world-class healthcare solutions. Salome is not just a product, it's a promise of comfort and well-being for women dealing with the discomfort of PMS," says Nokuthula Msibi, Salome Project Lead. 3Sixty Biomedicine, a pioneering biomedical company, has a variety of natural, organic products in their Salome range that can address PMS. This comprehensive range aims to empower women with effective, natural solutions for common women's health issues. Msibi further emphasises the commitment of 3Sixty Biomedicine to women's health, stating, "We understand that each woman's experience with PMS is unique. Salome is designed to address the diverse range of symptoms associated with pre-menstrual syndrome, providing tailored relief that respects and complements the intricacies of a woman's body."

**Salome PreMenS**, a key product in the Salome range, is a combination herbal medicinal product crafted to relieve minor symptoms in the days before menstruation, offering a holistic approach to PMS management. This innovative solution draws on the power of natural extracts and organic ingredients, ensuring a gentle yet effective approach to symptom relief.

In addition to Salome PreMenS, the Salome range includes specialised products such as **Salome Menstrual Pain**, offering targeted pain relief for menstrual cramps, and **Salome Heavy Menstrual Bleeding**, designed to ease the layers of cyclic pain associated with heavy menstrual bleeding.

"Salome is not just about managing symptoms, it's about embracing the natural rhythms of a woman's body and providing support that complements her wellbeing. With the Salome range, we aim to empower women to face each menstrual cycle with confidence and comfort," Msibi affirms.

3Sixty Biomedicine's Salome range is a testament to the organisation's dedication to scientific excellence and commitment to delivering reliable, credible healthcare solutions. The Salome range combines the latest in biomedical scientific services with the inherent power of natural extracts and organic ingredients, setting a new standard in women's health and offering minimal to no side effects.

As women across the globe seek effective, natural alternatives to manage PMS symptoms, 3Sixty Biomedicine's Salome range emerges as a beacon of hope, offering a holistic approach to women's health that respects the body's natural processes.

All Salome products are available at selected Clicks stores, independent pharmacies, and online at Salome's official website, <https://salome-range.co.za>

Stay updated and engage with Salome through their social media platforms:

Facebook: Salome Range

Twitter: @SalomeRange

Instagram: SalomeRange

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**Notes to the Editor**

***About Salome and 3Sixty Biomedicine***

3Sixty Biomedicine was registered in 2019 and is based in Gauteng. Their goal is to provide biomedical scientific services focused on natural extracts and organic ingredients. 3Sixty Biomedicine is committed to providing world-class innovative healthcare solutions to the global market and have partnered with industry leaders to realise this vision of “improving livelihoods, improving lives.”

The Salome range of products provides solutions for previously unmet, or poorly met, medical needs related to women's health and address issues such as infertility in women with Polycystic Ovary Syndrome (PCOS), menstrual pain, heavy menstrual bleeding, premenstrual syndrome and menopausal symptoms. In response to a growing demand in the SA consumer base this product range provides women with options based on herbal extracts.

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