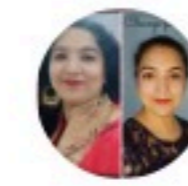
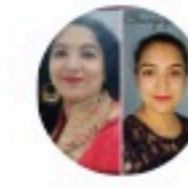


A drop in Serotonin
causes irritability
during PMS.



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eatcleanwithkavita The main symptom is a drop in serotonin levels during the second half of the menstrual cycle, which can lead to irritability, anxiety, and depression. Other symptoms may include headaches and fatigue as well as food cravings and mood swings.

If your PMS really interferes with your ability to function normally on days leading up to your period—a supplement backed with intuitive nutrition science may help, which is where Project23 comes in! Stay tuned.

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