

This past week I had my period and the only things I have done different: [Xtra Sharp](#), [PNT 200](#), and [Immunocal](#)...and my period has been pretty good...not a headache, not as crampy, and in a pretty good mood.

I will report back in a month.

**November 15, 2009**

Well it has been a few months since I started taking the [Xtra Sharp](#), [PNT 200](#), and [Immunocal](#) and I must say that I have not had a any problems with my periods, I am totally amazed at the fact I have not had a headache since starting these products, I mean I would get pretty bad sinus headaches after my periods and I have not had one yet...every excited about this. I have also started taking [Calcium](#), [Omega 3](#), and [Vitamin and Mineral](#) (these 3 products are also called Daily Essentials) from Immunotec Inc. **Nicky Ehrler, Penhold, AB/Lloydminster, AB**