

B	I	N	G	O
Spotting	Abdominal cramps	Disrupted sleep	Mood swings	Irritability
Brain fog	Sore breasts	Lower back pain	Acne flare-up	Missed period
Sore & swollen breasts	Urinary tract infection	FREE	Anxiety	Food cravings
Frequent urination	Nausea	Heavy bleeding/clotting	Feeling overwhelmed	Light bleeding
Fatigue	Bloating	Migraine/headache	Weight gain	Constipation/diarrhea

B	I	N	G	O
Urinary tract infection	Acne flare-up	Mood swings	Brain fog	Lower back pain
Disrupted sleep	Weight gain	Irritability	Bloating	Missed period
Frequent urination	Anxiety	FREE	Food cravings	Abdominal cramps
Feeling overwhelmed	Migraine/headache	Spotting	Constipation/diarrhea	Nausea
Heavy bleeding/clotting	Light bleeding	Sore & swollen breasts	Sore breasts	Fatigue

B	I	N	G	O
Bloating	Migraine/headache	Acne flare-up	Light bleeding	Anxiety
Spotting	Frequent urination	Heavy bleeding/clotting	Sore breasts	Irritability
Sore & swollen breasts	Constipation/diarrhea	FREE	Nausea	Feeling overwhelmed
Urinary tract infection	Missed period	Mood swings	Weight gain	Disrupted sleep
Food cravings	Abdominal cramps	Lower back pain	Brain fog	Fatigue