214 women invited

94 women excluded due to inclusion/exclusion criteria

120 women with PMS included in the study and randomized

Group A
1g FA
40 women

1 excluded due to hyperprolactinemia

39 women analyzed

Group B
2g FA
40 women

1 excluded due to thyroid dysfunction

39 women analyzed

Group C
Placebo
40 women

2 excluded due to use of antidepressant drugs

38 women analyzed