

## Transcript #2

**LINK TO PTC B: duration - 45 seconds**

<https://app.frame.io/reviews/5a237345-3592-41ba-8257-1ce86f19809a/d252947e-c9e3-4a87-af0f-4b00e15749e1?version=b0c4ab91-bb12-44ec-9d90-f6f1c817048f>

### **Kiera Austin, 28**

Professional netballer championing women's health, PMS & period wellbeing & performance on & off court, **MELBOURNE**

**00:00:02:01 - 00:00:05:17**

Hi, my name is Kiera Austin, and I am a professional netballer.

**00:00:05:17 – 00:00:14:10**

I'm very proud to be supporting Hey Sister! Khapregesic, as a natural, non-hormonal alternative to managing PMS and period pain.

**00:00:14:10 – 00:00:24:16**

I don't think that having your period should stop you from doing what you love, and so having an alternative, that is backed by a clinical trial, is also really important.

**00:00:24:16- 00:00:40:11**

I had a sister and mum growing up that was able to support me through my period health journey.

And I think that having greater conversations around period health is only going to reduce the stigma as well.

So very proud to be supporting this campaign.

**ends#**