

# New Aussie research uncovering a plant-based option for PMS & period pain

## Professional netballer Kiera Austin championing open conversations about menstrual health

**Run time: 48.33 mins**

**Click on link below to watch, and download broadcast quality VNR:**

<https://vimeo.com/1134104889/617a278c3d?share=copy&fl=sv&fe=ci>

### **Kiera Austin, 28**

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



**00:27-00:40**

#### **Self-introduction**

My name is Kiera Austin. I am a professional netballer with the Melbourne Vixens and the Australian Diamonds. Away from the netball court, I study a Master of Genomics and Health.

**00:41-01:04**

#### **How long have you been playing netball & what are your major sporting achievements to date?**

I've been playing netball since I was probably about six years old. To date, I would say that my major achievements is winning the Commonwealth Games gold medal in Birmingham in 2022 and also the Netball World Cup gold medal in Cape Town in 2023. This year we won the Suncorp Super Netball premiership.

**01:04 – 01:28**

#### **Can you reflect on your experience with PMS & period pain, & the symptoms you experience?**

My experience with PMS and period pain is very apparent in the week leading into my cycle. I tend to get those cramps. I feel a bit flat. Definitely my concentration is a little bit lower as well. So they spike leading in and then sort of die off as I'm getting through, my actual period.

**01:29-01:53**

#### **How does PMS & period pain affect your overall quality of life?**

PMS and period pain definitely affects my overall quality of life. I have way less concentration and focus during it. And probably a little bit snappy, with the people around me at the time. So it certainly impacts that part, and maybe puts a bit of a strain, on some of my relationships as well.

**01:53-02:12**

**How do PMS & period pain impact your netball performance?**

PMS and period pain can definitely impact my netball performance. I am constantly thinking about where I am in my cycle, whether or not I'm going to feel a bit more fatigued, potentially a bit snappier at my teammates, and have a lower concentration.

**02:13-2:32**

**What difference would it make if women & girls had more support in managing these symptoms?**

I think if young girls and women in general had more support with their PMS and period pain, they would reduce the stigma around the conversations they would feel more supported, ability to speak up, and seek resources if they need to as well.

**02:33-02:53**

**Why do you think it's important to normalise the talk around PMS & period pain?**

I think it's really important to normalise the conversations around PMS and period pain, to empower women to feel supported, to feel like they can speak up, ask for help if they need it, or to seek resources that they might need as well. But to let them know that it's okay to not be embarrassed and that there is support out there for them.

**02:54-03:40**

**How did you deal with period pain & PMS when you were younger?**

I was very lucky growing up. My mum was a nurse, so I had a really, great background there. And then I had an older sister as well, so they were the two that really taught me about periods and PMS and period pain. But I do certainly remember running off during swimming lessons during a netball training session, being really shy that I was having my period at the time and needing to go and, you know, sort myself out.

But I think if I was younger and I had support or I could hear conversations about it, I wouldn't have felt embarrassed or shy that I had to run off quickly to the bathroom. So having those conversations, definitely sort of reduces the stigma and, just normalises the conversation.

**03:41-04:00**

**How important is it for women & girls to have effective, accessible treatment options for PMS & period pain?**

It is really important for women to have effective and accessible treatment options. Every woman is different, so what works for one, might not work for another, but also just to help them feel supported and know that there is care out there for them as well.

**04:01-04:29**

**What are your views on natural, non-hormonal options to relieve symptoms of PMS & period pain?**

My views on having natural non-hormonal options for managing PMS and period pain is a really positive one. I think it's great that there's options out there as every woman is different. But also for athletes, sometimes taking hormonal contraception can impact your performance and sometimes you just want a break from, having hormonal sort of medication. So I think it can be a really positive choice.

**04:30-04:47**

**How does Hey Sister! Khapregesic's painkiller-free approach set it apart for women, particularly athletes?**

The Hey Sister! Khapregesic®, painkiller-free approach offers a natural alternative for athletes managing their period pain and PMS so they can continue competing and training within their sport without any fuss.

**04:48-05:06**

**How important is it to see clinical trial results published for Khapregesic® – a natural non-hormonal option for PMS & period pain?**

I think it's really encouraging to see the clinical trial for Khapregesic®. It is a non-hormonal, natural option for women having a science background myself, having that research is great for women to feel empowered and really confident in their choices.

**05:07-05:26**

**What does HASTA certification mean for products like Hey Sister! Khapregesic®?**

HASTA certification is great for products like Hey Sister! Khapregesic®. It indicates to us athletes that it's been independently tested, it is free of any prohibited substances, and that it meets a really strict quality control for any medication that we take.

**05:27-05:48**

**How does Hey Sister! Khapregesic being listed on the Sports Integrity Australia app support athletes?**

Having Hey Sister! Khapregesic® listed on the Sports Integrity Australia app is really resourceful for us. We can look up, straight away, whether or not it's recognised as being suitable for competition. So I can easily manage my period symptoms, but also support an active lifestyle.

**05:49-06:15**

**What message do the Khapregesic® clinical trial results send about progress in women's health?**

The Khapregesic® clinical trial results is really encouraging for women. It shows that women's health is finally being given the attention that it deserves, and recognises that women need different options to manage PMS and period pain. But also having non-hormonal natural alternatives that are backed by scientific research gives women a lot of confidence as well.

**06:16-06:35**

**Why have you chosen to lend your voice to this campaign?**

I'm really proud to support this campaign and raise awareness for natural options for managing PMS and period pain that has been backed by scientific research. I think it's great as well being an elite athlete, having HASTA certified options out there as well.

**06:36-06:56**

**What is your message to Australian women & girls who are struggling with PMS & period pain?**

My message to Australian women and girls who may be experiencing period pain or PMS, is to know that support is around the corner. Your period should never stop you from doing what you love, and having natural and non-hormonal approaches may be worth exploring as well.

## Dr Talat Uppal

Gynaecologist, Founder & Director of  
Women's Health Road, SYDNEY



**07:17-07:29**

### **Self-introduction**

My name is Doctor Talat, and I'm a gynaecologist. I'm the Director at Women's Health Road, which is a medical practice based in Sydney, Australia.

**07:30-07:48**

### **How are obstetricians & gynaecologists helping make healthcare, especially for women's health, more accessible & inclusive across Australia?**

It's a great time because there's more and more recognition of women's health, particularly menstrual health, and where the gaps have been. And we are trying to use digital technology and other support systems for women in the community so that no one gets left behind.

**07:49-08:13**

### **What is period pain, & what is its prevalence? Grab 2**

Period pain is quite common. It can affect up to 85% of women, and for some women it can really significantly affect their quality of life. It is found pain that is found in the lower abdomen and pelvis. For some, it will radiate down the legs or into the back, and it is often relieved at the end of the period.

**08:14-08:36**

### **What signs should prompt a woman to seek medical review for period pain?**

Women should seek medical review if the pain is severe, if it is worsening over time, if it is affecting their quality of life or their activities of daily living. Sometimes it can be associated with heavy periods, so other associated symptoms can also be a reason to seek care.

**08:37-09:07**

### **What barriers do Australian women living with period symptoms face?**

There is some stigma and shame, unfortunately, still connected with menstruation. There can be issues around access or cost to services, and also women can normalise symptoms that are actually medical problems. And so, it's really important to support menstrual literacy, health awareness in this space so that menstruation related problems are addressed early and they don't lead to delayed care.

**09:08-09:35**

### **How is menstrual health more than just a 'women's issue'?**

This is a public health issue. Two billion women menstruate every month, and there are significant losses of quality of life. For example, if you're not able to get to school, not get to swimming, not able to attend social events with your family, your work, doubled up in pain and/or bleeding. These can all cause significant quality-of-life loss.

**09:36-09:58**

### **Why is a personalised approach important in managing the symptoms of PMS & period pain?**

A personalised approach is really important because it's not a one size fits all space. And so, it's important to actually listen, establish a thorough history, understand what our patient's philosophy is, and then try and tailor some evidence-based support for women.

**09:59-10:22**

**Why is there a growing interest in natural alternatives for PMS & period pain?**

There is a growing interest in natural alternatives for period pain and PMS. The reason for this can be multiple. They may have tried traditional medication and had some, experienced some side-effects. They may be wanting what they perceive as gentler on the body. And also, there is a growing social media influence.

**10:23-10:44**

**Why is scientific evidence essential when considering natural treatment options for menstrual health?**

It's really important that natural options, too, are backed by scientific evidence and research, very solid research, so that we know that there is a safety profile that's been established. We know the efficacy of the medication, and we can reassure the community regarding side effects.

**10:45-11:03**

**What is Khapregesic®?**

Khapregesic® is an ARTG listed, non-hormonal product that is originally a plant-based one, and it has a dual action support both for period pain and premenstrual syndrome.

**11:04-11:20**

**What is Khaya senegalensis?**

Khaya senegalensis is a medicinal plant, and it is originally from the African mahogany tree from the bark of that and is the active ingredient in Khapregesic®.

**11:21-11:40**

**Why are clinical trials, like the recent Australian study involving Khapregesic® published in the International Journal of Women's Health, important for improving our understanding of menstrual health?**

It's great to see a recent Australian study on Khapregesic® in the International Journal of Women's Health, which helps improve our menstrual understanding.

Clinical trials are important because this is typically an under-researched space.

**11:41-12:20**

**What does the recent Australian study published in the International Journal of Women's Health reveal about Khapregesic®?**

There has been a recent Australian study published in the International Journal of Women's Health looking at Khapregesic® use in a randomised, double-blinded, placebo-controlled trial. In the women that used Khapregesic®, they had a reduction in their daily reported menstrual pain rating, as well as a reduction in use for further analgesia. They also reported increased psychological scores, and this was well-tolerated. More research is, however, needed into plant-based products in menstrual care.

## Caroline Diamantis

Leading community pharmacist & pharmacy owner specialising in women's health, SYDNEY



**12:40-13:07**

### **Self-introduction**

Hi. My name is Caroline Diamantis. I'm a practising community pharmacist, and I'm the proprietor of Balmain Community Pharmacy. I also have some side gigs, I guess. So, I am the National Vice President of the Pharmaceutical Society of Australia, known as the PSA. And I'm also an elected member of the New South Wales Pharmacy Council, which is more of a regulatory role.

**13:08-13:42**

### **What is premenstrual syndrome or PMS?**

So PMS, also known as premenstrual syndrome, is a combination of physical and emotional symptoms that afflict a woman sometime in the few days before her period. So, they can include things that are like mental distress or anxiety, fatigue, sometimes physical pain as well. And they are quite concerning. These affect up to 50 per cent of the women that are experiencing periods.

**13:43-14:01**

### **Why do many women just “put up with” their period symptoms?**

So many women, in fact 1 in 3, simply put up with their symptoms. A lot of the time they don't realise that help is available to them. And so, they believe that it's their lot in life.

**14:02-14:28**

### **Please expand on the unmet needs of women experiencing PMS & period pain?**

The unmet needs of women experiencing menstrual health issues is quite significant. This isn't a social issue – this is a public health issue. This is a problem that we're experiencing because the impact on the health and wellbeing of the women in our society actually overflows to impact us all.

**14:29-14:51**

### **What aspects of everyday life & wellbeing can PMS & period pain impact?**

Sadly, women miss work or women miss school. And this has serious impact on the psychological wellbeing of women. And a further overflow in our society, as they feel that they're not pulling their weight or contributing in the way they would like to.

**14:52-15:13**

### **How do community pharmacists play a broader role in promoting menstrual wellbeing in the community?**

Community pharmacists are not just about dispensing medicine. We're primary health care hubs. We are here in our communities to support all the health care needs of our community, and particularly for women, educating them, and supporting them with their menstrual needs.

**15:14-15:30**

### **What is Hey Sister! Khapregesic®?**

Hey Sister! Khapregesic is an ARTG listed, non-hormonal, plant-based product producing fast acting, dual-action effect for period pain and PMS.

**15:31-15:42**

### **What is Khaya senegalensis?**

Khaya senegalensis is the active ingredient in the Hey Sister! Khapregesic® product range.

**15:43-16:05**

**How is Khapregesic® traditionally used in Western herbal medicine?**

Khapregesic is traditionally used in Western herbal medicine to reduce the common symptoms of PMS or period pain, including symptoms such as menstrual pain or cramps, stomach bloating, spasm, heavy bleeding, or mood swings associated with PMS.

**16:06-16:21**

**Why are clinical trials, like the recent Australian study involving Khapregesic® published in the International Journal of Women's Health, important for improving our understanding of menstrual health?**

In this, in this trial, we were able to receive evidence-based information about the safety and tolerability of Khapregesic.

**16:22-16:56**

**Why is it important for natural medicines to be backed by scientific evidence?**

As a primary health care provider, my credibility matters. And my principal standard for practice is first, do no harm. So pharmacists look for research and clinical evidence to confirm a natural medicine's safety and tolerability. And the way it's used in the real world. Research removes any confusion and keeps claims clinical, allowing healthcare professionals and patients alike to make informed choices to support their health and well-being.

**16:57-17:26**

**What did the new Australian study reveal about Khapregesic®?**

The new Australian study investigated Khapregesic®, *Khaya senegalensis* and found really promising results. Women found greater reduction in the daily menstrual pain ratings and overall menstrual distress compared to the people that were on the placebo.

It was well-tolerated, with no significant side-effects, improvements in emotional well-being, and reduced requirement for additional pain relief.

## **Rick Ferdinands**

Head of Research, CEO & Co-founder, Bioactive Natural Health, PERTH



**17:45-17:56**

### **Self-introduction**

My name is Rick Ferdinands. I'm the Head of Research, CEO and Co-Founder of Bioactive Natural Health.

**17:57-18:30**

### **When & what compelled you to pursue your idea to innovation?**

Well, this innovation came about over 10 years ago. So, I came across *Khaya senegalensis* as a tree variety. And with my pharmaceutical background, I researched the traditional medicine evidence and found that it had a very rich history, over 1,000 years of traditional medicine usage. And so, I went about developing a way to uncover the active compounds within this *Khaya senegalensis* tree.

**18:31-18:55**

### **Why was women's menstrual health so important to you?**

So my mother, my sisters, my wife, my daughters, all the way through my life, I've been surrounded by women and chronic pain has been a natural part of that, but it's unnatural that it happened. So, this story is very personal for me.

**18:56-19:17**

### **What is the *Khaya senegalensis* tree?**

The *Khaya senegalensis* originates from Africa, but it's an endangered species. The CSIRO, introduced through its seed bank, *Khaya senegalensis* in the 1960s. And primarily the purpose was to green the harsh tropical north of Australia.

**19:18-19:50**

### **Where is your *Khaya senegalensis* plantation located, & what makes it unique?**

Our *Khaya senegalensis* plantation in the Kimberley region of Western Australia is 100 hectares. So we have thousands of trees. Now these trees were planted in 1998, so they're absolutely mature and ready. The active compounds are mature as well. So, what we had to do was we have to invent new technology because no one had actually registered *Khaya senegalensis* on any regulatory register in the world.

**19:51-20:42**

### **What is involved in taking a medicine with traditional roots & applying it to modern science?**

We had to find out what these powerful natural components of the *Khaya senegalensis* tree bark were. So, when we sent the sample to a lab and what came back, we were just astounded. We couldn't believe that the anti-inflammatory power was as powerful as most anti-inflammatory drugs.

But what really surprised us was that the other components, the very high antioxidant score that came back and the fact that there's prebiotic. So, the prebiotic polysaccharides within this, are very good for gut health. And the antioxidants are actually protective of the inside layer of the gut as well. So what we had was a very powerful anti-inflammatory that was gentle on the stomach.



**20:43-21:05**

**Please explain the sustainability & ethical harvesting of the *Khaya senegalensis* tree.**

A new harvesting processing technology not only allowed us to harness the compounds within *Khaya senegalensis* but what it did was over the years of research gave us the ability to grow the bark back. And so what that means is we have a perpetual resource.

**21:06-21:21**

**How did partnering with Australian researchers help shape product development?**

Partnering with four Australian universities gave us the opportunity to study the molecular compounds within *Khaya senegalensis* and what we discovered was a new mechanism of action.

**21:22-21:41**

**What is Khapregesic®?**

Khapregesic® is a TGA listed medicine. It's found exclusively in pharmacies and was designed specifically for women's health. And in particular, it helps alleviate period pain and PMS symptoms.

**21:42-22:00**

**Why was it so important for you and your team to conduct the recent Australian clinical trial on Khapregesic®, published in the *International Journal of Women's Health*?**

So running a randomised, double blind, placebo-controlled trial was extremely important for our team because what it did was it validated all those years of research. And what it does is it elevates Khapregesic® into mainstream medicine.

**22:01-22:26**

**Why is it important for natural medicines to be validated by scientific evidence?**

Natural medicines need to be validated by scientific evidence. It gives practitioners and health professionals peace of mind. So, our randomised, double blind, placebo-controlled trial has given real evidence and validates Khapregesic® to the medical profession, and it gives peace of mind to consumers as well.

**22:27-22:57**

**What are the major findings from the newly published Khapregesic® research?**

The latest findings of the Khapregesic® research is that, compared to the placebo, there was greater reduction in daily menstrual pain rating. But not only that, improvements in emotional well-being were experienced. Plus, the study provided evidence supporting the safety and effectiveness of Khapregesic® on menstrual pain and PMS symptoms in women. It was also well-tolerated, with no significant side effects.

**22:58-23:21**

**What are the main unmet needs faced by women living with PMS & period pain?**

PMS and period pain has a large impact on daily life, and represents a substantial, unmet need. Now, these are in the forms of compromising, daily wellbeing, it affects, moods, energy, overall quality of life. With many women struggling to find the right support.

**23:22-23:37**

**What did a recent study of 7,000 Australian women reveal about their preferences for managing PMS & period pain?**

So the findings of this large-scale study, involving 7,000 Australian women, found that many prefer to use natural or alternative options to help manage PMS and period pain.

**23:38-24:18**

**What do you hope Khapregesic® will offer women & teens in managing PMS & period pain?**

So my biggest hope for Khapregesic® is that it will offer women and teens a natural, evidence based option to help manage period pain and PMS. Now, Khapregesic® is used to reduce common symptoms like menstrual pain and cramping, tummy bloat and spasm. Also, mild anxiety and mood swings often associated with PMS. Now my biggest hope is for Khapregesic®, being that it's a non-hormonal and NSAID free option, that it will offer all women and teens a new option to support their menstrual health, and their wellbeing.

OVERLAY	
Timecode	Description

Kiera Austin, 28, Professional netballer championing women's health, PMS & period wellbeing & performance on & off court, <b>MELBOURNE</b>	
24:37 – 24:42	Medium hero shot of Kiera looking up at camera
24:43 – 24:49	Medium close-up hero shot of Kiera looking up at camera
24:50 – 24:57	Medium panning hero shot of Kiera looking up at camera, holding netball
24:58 – 25:27	Mid-shot of Kiera reading Diamonds netball book on couch
25:28 – 25:34	Close-up of Kiera reading Diamonds netball book
25:34 – 25:40	Wide shot of Kiera packing items into sports bag in her lounge room
25:51 – 26:01	Close-up of Kiera packing training items into sports bag
26:02 – 26:36	Medium shot of Kiera making coffee in her kitchen
26:36 – 26:43	Close-up of coffee pouring into mug
26:44 – 26:50	Close-up of milk pouring into coffee
26:51 – 26:58	Medium close-up of Kiera drinking coffee from mug
26:59 – 27:13	Medium close-up of Kiera sitting in park looking into the distance and smiling
27:14 – 27:17	Wide shot of Kiera sitting on park bench at netball courts, tying shoelaces
27:18 – 27:21	Close-up of Kiera's foot while tying shoelaces
27:22 – 27:26	Medium wide shot of Kiera picking up netball and sports cones and walking toward netball court
27:27 – 27:49	Wide, slow motion, panning shot of Kiera walking towards netball court holding netball and sports cones
27:50 – 28:02	Medium wide slow motion shot of Kiera shooting a goal
28:03 – 28:07	Extreme wide slow motion shot of Kiera shooting goals into hoop
28:08 – 28:11	Medium panning slow motion shot of Kiera shooting goals into hoop
28:12 – 28:19	Extreme wide panning slow motion shot of Kiera shooting netball in hoop
28:20 – 28:25	Medium slow motion shot of Kiera shooting netball into hoop
28:26 – 28:35	Medium slow motion shot of Kiera catching netball and shooting it into hoop
28:36 – 28:38	Extreme wide slow motion shot of Kiera shooting netball into hoop
28:39 – 28:43	Medium slow motion shot of Kiera shooting netball into hoop
28:44 – 28:47	Medium slow motion, low-angle shot of Kiera shooting netball into hoop
28:48 – 29:04	Extreme wide shot of Kiera setting up sports cones on netball court
29:05 – 29:10	Extreme wide shot of Kiera doing netball drills with cones on netball court
29:11 – 29:20	Wide slow motion shot of Kiera doing netball drills with cones on netball court
29:21 – 29:28	Medium slow motion shot of Kiera doing netball drills with cones on netball court
29:29 – 29:38	Medium close-up slow motion shot of Kiera's feet performing netball drills on

	court
29:39 – 29:46	Wide slow motion shot of Kiera running towards camera on netball court
29:47 – 29:54	Medium wide, slow motion shot of Kiera running towards camera on netball court
29:55 – 30:02	Medium wide, slow motion shot of Kiera sprinting away from camera across netball court
30:03 – 30:12	Wide shot of Kiera working out with resistance band in home gym
30:13 – 30:19	Medium shot of Kiera working out with resistance band in home gym
30:20 – 30:24	Extreme close-up shot of Kiera working out in home gym
30:25 – 30:38	Wide shot of Kiera stacking weights onto bar bell in home gym and squatting
30:39 – 30:52	Medium shot of Kiera loading weight onto bar bell in home gym and squatting
30:53 – 30:58	Medium close-up shot of Kiera's legs while squatting in home gym
30:59 – 31:05	Wide shot of Kiera lunging and stretching in home gym
31:06 – 31:15	Medium shot of Kiera lunging and stretching in home gym
31:16 – 31:31	Medium wide shot of Kiera stretching with resistance band on floor of home gym
31:32 – 31:36	Close-up shot of Kiera's foot stretching with resistance band on floor of home gym
<b>Dr Talat Uppal, Gynaecologist, Founder &amp; Director of Women's Health Road, SYDNEY</b>	
31:40 – 31:44	Medium hero shot of Dr Uppal looking up at camera
31:45 – 31:49	Medium close-up panning shot of Dr Uppal looking up at camera, smiling
31:50 – 31:56	Medium close-up panning hero shot of Dr Uppal looking at camera and smiling
31:57 – 32:03	Extreme wide shot of Dr Uppal's medical centre office from exterior
32:04 – 32:08	Medium panning shot of the Women's Health Road sign
32:09 – 32:13	Medium close-up shot of Women's Health Road Sign
32:14 – 32:20	Medium wide shot from behind of Dr Uppal walking up to Women's Health Road reception desk and talking to receptionist
32:21 – 32:26	Medium wide shot of Dr Uppal walking up to Women's Health Road reception desk and talking to receptionist
32:27 – 32:30	Medium close-up shot from side of Dr Uppal speaking with receptionist
32:31 – 32:36	Medium close-up shot from in front of Dr Uppal speaking with receptionist
32:37 – 32:44	Close-up panning shot from side of Dr Uppal speaking with receptionist
32:45 – 32:51	Close-up over-the-shoulder shot of Dr Uppal speaking with receptionist
32:52 – 33:03	Medium wide shot of Dr Uppal walking into clinic room with patient and sitting down
33:04 – 33:12	Medium close-up shot of Dr Uppal speaking with patient
33:13 – 33:21	Medium shot of Dr Uppal pointing to women's reproductive health model
33:22 – 33:34	Medium close-up shot of Dr Uppal pointing to women's reproductive health model
33:35 – 33:54	Close-up shot of Dr Uppal's hand pointing to women's reproductive health model
33:55 – 34:02	Medium close-up panning shot of Dr Uppal sitting down speaking with patient
34:03 – 34:12	Close-up panning shot of Dr Uppal's hand pointing to women's reproductive health model and speaking with patient

34:13 – 34:17	Close-up shot of Dr Uppal pointing to a model uterus
34:18 – 34:28	Medium panning shot of Dr Uppal sitting down in office chair and using computer
34:29 – 34:34	Close-up of Dr Uppal's face smiling and looking past the camera
34:35 – 34:39	Close-up of Dr Uppal's hand using trackpad on laptop
34:40 – 34:49	Medium close-up shot of Dr Uppal's consulting door sign panning to her sitting at desk
34:50 – 34:56	Medium close-up shot of Dr Uppal at her desk speaking to patient via online meeting
34:57 – 35:07	Close-up shot of Dr Uppal from the side conducting online consultation
35:08 – 35:14	Medium close-up panning shot of Dr Uppal at her desk
35:15 – 35:24	Medium wide shot of Dr Uppal at desk conducting online consultation
<b>Caroline Diamantis, Leading community pharmacist &amp; pharmacy owner specialising in women's health, SYDNEY</b>	
35:25 – 35:34	Medium close-up hero shot of Caroline looking up at camera and smiling
35:35 – 34:44	Medium close-up panning shot of Caroline smiling, looking at camera
35:45 – 36:00	Medium close-up shot of Caroline walking through aisle of her pharmacy towards camera
36:01 – 36:08	Medium close-up shot of Caroline walking through aisle of her pharmacy towards camera while smiling at camera
36:09 – 36:17	Medium shot of Caroline walking through aisle of her pharmacy and fixing product on shelves
36:18 – 36:25	Medium close-up of Caroline rearranging product on shelves
36:26 – 36:36	Medium shot of Caroline walking up to and speaking with pharmacist behind prescription counter
36:37 – 36: 44	Medium close-up shot of Caroline fixing product on shelves behind prescription counter
36:45 – 36:63	Close-up shot of pharmacist speaking with Caroline behind prescription counter
36:54 – 37:00	Medium wide shot of Caroline speaking with pharmacist behind prescription counter
37:01 – 37:06	Medium close-up shot of Caroline speaking with pharmacist behind prescription counter
37:07 – 37:20	Medium shot of Caroline speaking to customer in aisle
37:21 – 37:27	Medium shot over Caroline's shoulder giving customer product over the counter
37:28 – 37:39	Medium close-up of Caroline walking up to shelf and looking at <i>Hey Sister!</i> product
37:40 – 37:42	Wide shot from exterior of young female customer entering Balmain Community Pharmacy
37:43 – 37:47	Medium close-up shot of Balmain Community Pharmacy sign
37:48 – 37:52	Wide shot of female customer walking towards Balmain Community Pharmacy
37:53 – 38:11	Medium shot of female customer walking through pharmacy aisles and picking <i>Hey Sister!</i> product off shelf to read packaging
38:12 – 38:32	Medium shot of female customer walking through pharmacy aisles towards camera and picking product off shelf to read packaging

38:33 – 38:42	Medium wide shot of female customer walking up to pharmacy shelf to grab product and walk away with it
38:43 – 39:01	Close-up shot of product being taken from shelf and inspected
39:02 – 39:10	Close-up shot of female customer picking product off shelf and reading the box
39:11 – 39:17	Medium shot of female customer walking up to counter to purchase product
39:18 – 39:29	Medium close-up shot over-the-shoulder of female customer purchasing product from pharmacy assistant
39:30 – 39:34	Close-up shot of pharmacy assistant placing product into Balmain Community Pharmacy bag and handing to customer
<b>Rick Ferdinands, Head of Research, CEO &amp; Co-founder, Bioactive Natural Health, PERTH</b>	
39:37 – 39:42	Medium close-up hero shot of Rick looking up at camera
39:43 – 39:52	Close-up hero shot of Rick looking up at camera
39:53 – 40:05	Close-up hero shot of Rick looking up at camera and smiling
40:06 – 40:38	Extreme wide aerial drone shot flying over <i>Khaya Senegalensis</i> plantation and wetlands in the Kimberley, WA
40:39 – 40:49	Extreme wide aerial drone shot flying over <i>Khaya Senegalensis</i> plantation in the Kimberley
40:50 – 41:12	Wide panning drone shot of <i>Khaya Senegalensis</i> trees in plantation
41:13 – 41:28	Medium drone shot panning up and over <i>Khaya Senegalensis</i> tree plantation
41:29 – 41:38	Wide panning shot passing through rows of <i>Khaya Senegalensis</i> tree trunks
41:39 – 41:48	Medium wide shot of Rick sitting at desk on computer
41:49 – 41:58	Medium wide panning shot of Rick sitting at desk on computer
41:59 – 42:05	Medium shot of Rick sitting at desk on computer
42:06 – 42:12	Medium close-up shot of Rick sitting at desk on computer
42:13 – 42:24	Close-up shot of Rick's laptop showing a photo of <i>Khaya Senegalensis</i> tree leaves
42:25 – 42:31	Close-up over-the-shoulder shot of Rick looking at a <i>Khaya Senegalensis</i> tree photo gallery on laptop
42:32 – 42:38	Close-up shot of Rick's hands while typing on keyboard
42:39 – 42:42	Extreme close-up shot of Rick's hands typing on keyboard
42:43 – 42:50	Medium close-up over-the-shoulder shot of Rick typing on computer at desk
42:51 – 43:03	Close-up of Rick's laptop screen, scrolling through <i>BioActive Natural Health</i> website
43:04 – 43:09	Medium close-up, low-angle shot of Rick on computer
43:10 – 43:14	Close-up shot of Rick working on computer at his desk
43:15 – 43:43	Medium wide slow motion shot of Rick holding clipboard, walking through <i>Khaya Senegalensis</i> tree plantation and touching leaves
43:44 – 43:58	Wide to medium slow motion shot of Rick holding clipboard, walking through <i>Khaya Senegalensis</i> tree plantation and touching leaves
43:59 – 44:28	Medium to medium close-up shot of Rick holding clipboard, walking through <i>Khaya Senegalensis</i> tree plantation and touching leaves
44:29 – 44:33	Close-up slow motion shot of Rick's hand holding <i>Khaya Senegalensis</i> tree leaves
44:34 – 44:45	Extreme wide to wide shot of Rick walking over bridge through <i>Khaya Senegalensis</i> tree plantation with colleague

44:46 – 45:00	Wide, slow motion shot of Rick walking over bridge through <i>Khaya Senegalensis</i> tree plantation with colleague
45:01 – 45:13	Medium close-up, slow motion shot of Rick walking over bridge through <i>Khaya Senegalensis</i> tree plantation with colleague
45:14 – 45:18	Medium close-up, slow motion shot of Rick's colleague walking over bridge through <i>Khaya Senegalensis</i> tree plantation
45:19 – 45:26	Medium low-angle shot of Rick and colleague walking across bridge through <i>Khaya Senegalensis</i> tree plantation
45:27 – 45:32	Extreme wide shot of Rick and colleague walking over bridge through <i>Khaya Senegalensis</i> tree plantation past camera
45:33 – 45:37	Medium wide shot from behind of Rick and a colleague walking across bridge through <i>Khaya Senegalensis</i> tree plantation
45:38 – 45:49	Medium, slow motion shot from behind of Rick and a colleague walking over bridge through <i>Khaya Senegalensis</i> tree plantation
45:50 – 46:05	Medium wide, slow motion shot from behind of Rick and a colleague walking across bridge through <i>Khaya Senegalensis</i> tree plantation and looking out over wetlands
46:06 – 46:18	Medium close-up, slow motion shot of Rick and colleague looking out over wetlands surrounding <i>Khaya Senegalensis</i> tree plantation
46:19 – 46:23	Medium, slow motion, panning shot of Rick and colleague sitting down drinking tea
46:24 – 46:29	Medium shot of Rick sitting down, drinking tea
46:30 – 46:36	Medium close-up shot of Rick and colleague sitting down, drinking tea and talking
46:37 – 46:43	Close-up shot of Rick and colleague sitting down, drinking tea and talking
46:44 – 46:49	Extreme close-up shot of product on shelves
46:50 – 46:54	Extreme close-up panning shot of products on shelves
46:55 – 46:58	Close-up shot of product on shelves
46:59 – 47:05	Close-up shot of products on table
47:06 – 47:10	Close-up, panning shot of products on table
47:11 – 47:14	Extreme close-up, panning shot of products on table
47:15 – 47:19	Extreme close-up shot of product on table
47:20 – 47:25	Extreme close-up, panning shot of product on table
47:26 – 47:30	Close-up shot of product range in box
47:31 – 47:38	Extreme close-up panning shot of product in box
47:50 – 47:54	Study derived data graph and text
47:55 – 48:00	Study derived data graph only
48:01 – 47:04	Study-derived data text only
47:05 – 48:15	Study derived data option two

## Disclosure

**This content has been produced by the sponsor for editorial purposes.**

**It is intended for general information and awareness only and does not replace medical advice.**

**Always consult your healthcare professional.**

**Reference to clinical research is for informational purposes only. Individual results may vary.**

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