

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

## Netball star Kiera Austin championing national conversation on menstrual health

With as many as eight in 10 women experiencing period pain,<sup>1</sup> and up to half reporting PMS symptoms,<sup>2</sup> new research released today (Monday, November 10, 2025) aims to change the game, with a non-hormonal, plant-based option to support menstrual wellbeing – *the first Australian randomised, placebo-controlled study of its kind.*<sup>2</sup>

Professional netballer, Goal Attack Kiera Austin, 28, Melbourne, will pivot from the court to front a national conversation about menstrual health today, sharing how its symptoms can affect focus, energy and performance – and why women and girls deserve better support.

Shooting for a new goal, Kiera is teaming with women's health experts, who say the study, published in the *International Journal of Women's Health*, underscores the potential of evidence-based, plant-based alternatives to traditional pain-relief medicines for millions of women and girls.<sup>2</sup>



*“This new Australian study is helping to expand our understanding of menstrual health, showing that plant-based medicines can be evaluated through scientific research,”* said leading Gynaecologist, Dr Talat Uppal, Sydney.

### THE LINE-UP

- 85% of Australian women experience period pain<sup>1</sup>
- 48% experience premenstrual syndrome (PMS) symptoms<sup>2</sup>
- Daily life is disrupted for nearly half, affecting work, school, social life & sports<sup>3</sup>
- Around 50% of women with bothersome periods do not seek medical advice<sup>4</sup>
- 1 in 3 women (mistakenly) believe nothing can be done about their symptoms<sup>4</sup>
- Common PMS symptoms: mood changes, fatigue, bloating, breast tenderness, headaches & digestive issues<sup>5,6</sup>
- Menstrual pain causes cramping, lower back pain, nausea, insomnia & fatigue<sup>5,6</sup>

To learn more about the study findings, and the impact of PMS and period pain on Australian women and girls, tee up an interview with a spokesperson overleaf.

# AVAILABLE FOR INTERVIEW, VISION & PHOTO OPPORTUNITIES

PROFESSIONAL NETBALLER & WOMEN'S HEALTH AMBASSADOR	
<b>Kiera Austin</b>	Professional (AUS & VIC) netballer championing women's health, PMS & period wellbeing performance on & off court, <b>MELBOURNE</b>
EXPERTS	
<b>Dr Talat Uppal</b>	Gynaecologist, Founder & Director, Women's Health Road, <b>SYDNEY (VISITING CANBERRA)</b>
<b>Caroline Diamantis</b>	Leading community pharmacist and pharmacy owner specialising in women's health, <b>SYDNEY</b>
<b>Caroline Robertson</b>	Naturopath, Ayurvedic practitioner, author & teacher, <b>SYDNEY</b>
<b>Dr Anthony Sayce</b>	Specialist Pain Medicine Physician College of Anaesthetists, <b>GOLD COAST</b>
<b>Karen Brown</b>	Pharmacist, director & co-founder of Batch Tested, <b>BRISBANE</b>
<b>Jade Walker</b>	Naturopath; women's health educator; & founder & director, The Endo Care Collective, <b>MELBOURNE</b>
<b>Dr. Adrian Lopresti</b>	Clinical Psychologist, researcher & Lead Investigator, Khapregesic <sup>®</sup> clinical trial, <b>PERTH</b>
<b>Minoo Ahanchian</b>	Pharmacy owner & community healthcare advocate, <b>PERTH</b>
<b>Rick Ferdinands</b>	Head of Research, Co-founder & CEO, BioActive Natural Health, <b>PERTH</b>
AUSTRALIANS WITH EXPERIENCE OF PMS & PERIOD PAIN	
<b>Zahra, 17</b>	A teenager's journey toward comfort, confidence & menstrual wellbeing, <b>SYDNEY</b>
<b>Rachael, 37</b>	Mother of four juggling family & managing pain: her journey to natural period relief, <b>GRAFTON</b>
<b>Cecelia, 30</b>	From painful periods to empowered choices: a naturopath's journey to natural menstrual care, <b>IPSWICH, QLD</b>
<b>Amanda, 42</b>	Counsellor turned advocate – from decades of menstrual struggles to championing natural, accessible support, <b>CANBERRA</b>
<b>Caylie, 33</b>	Teacher navigating period pain since 13: a journey of listening, learning & reclaiming control, <b>GEELONG</b>
<b>Christie, 39</b>	Periods, pain & persistence: a government worker's resilience in managing hormonal challenges, <b>MT DUNEED, VIC</b>
<b>Natalie, 46</b>	Marketing agency director & mother of three navigating decades of crippling menstrual symptoms, <b>ADELAIDE</b>
<b>Prue, 42</b>	Full time banker, wife & outdoors enthusiast navigating life with chronic menstrual pain since age 14, <b>PERTH</b>
<b>Sarah, 36</b>	From infertility to empowerment: healthcare marketer & mother of two who reclaimed her menstrual wellbeing, <b>PERTH</b>
<b>Natasa, 35</b>	Finding strength beyond pain: a teacher's natural approach to period pain relief, <b>PERTH</b>
<b>Daisy, 31</b>	From severe period pain to natural relief: specialist teacher who found a plant-based solution for PMS & menstrual cramps, <b>PERTH</b>
ASSETS AVAILABLE FOR DOWNLOAD TODAY	
<b>DIGITAL MEDIA KIT</b>	<a href="http://www.pmsandperiodpainmediakit.com.au">www.pmsandperiodpainmediakit.com.au</a>
<b>VIDEO NEWS RELEASE</b>	<a href="http://www.pmsandperiodpainmediakit.com.au/vnr">www.pmsandperiodpainmediakit.com.au/vnr</a>
<b>AUDIO GRABS</b>	<a href="http://www.pmsandperiodpainmediakit.com.au/anr">www.pmsandperiodpainmediakit.com.au/anr</a>
<b>KIERA AUSTIN PIECES TO CAMERA</b>	<a href="http://www.pmsandperiodpainmediakit.com.au/ptc">www.pmsandperiodpainmediakit.com.au/ptc</a>
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## References

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2. Lopresti AL, Smith SJ, Ferdinands FR. An Examination into the Safety and Efficacy of Khapregesic®, a Khaya Senegalensis Preparation, on Women Experiencing Menstrual Pain and Menstrual Distress: A Randomized, Double-Blind, Placebo-Controlled Trial. *Int J Womens Health*. 2025 Jul 12;17:2025-2038. doi: 10.2147/IJWH.S521349. PMID: 40672875; PMCID: PMC12266064.
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