

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,¹ and up to half reporting PMS symptoms,² 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.²*

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.²

“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 pain¹
- 48% experience premenstrual syndrome (PMS) symptoms²
- Daily life is disrupted for nearly half, affecting work, school, social life & sports³
- Around 50% of women with bothersome periods do not seek medical advice⁴
- 1 in 3 women (mistakenly) believe nothing can be done about their symptoms⁴
- Common PMS symptoms: mood changes, fatigue, bloating, breast tenderness, headaches & digestive issues^{5,6}
- Menstrual pain causes cramping, lower back pain, nausea, insomnia & fatigue^{5,6}



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	
Kiera Austin	Professional (AUS & VIC) netballer championing women's health, PMS & period wellbeing performance on & off court, MELBOURNE
EXPERTS	
Dr Talat Uppal	Gynaecologist, Founder & Director, Women's Health Road, SYDNEY (VISITING CANBERRA)
Caroline Diamantis	Leading community pharmacist and pharmacy owner specialising in women's health, SYDNEY
Caroline Robertson	Naturopath, Ayurvedic practitioner, author & teacher, SYDNEY
Dr Anthony Sayce	Specialist Pain Medicine Physician College of Anaesthetists, GOLD COAST
Karen Brown	Pharmacist, director & co-founder of Batch Tested, BRISBANE
Jade Walker	Naturopath; women's health educator; & founder & director, The Endo Care Collective, MELBOURNE
Dr. Adrian Lopresti	Clinical Psychologist, researcher & Lead Investigator, Khapregesic [®] clinical trial, PERTH
Minoo Ahanchian	Pharmacy owner & community healthcare advocate, PERTH
Rick Ferdinands	Head of Research, Co-founder & CEO, BioActive Natural Health, PERTH
AUSTRALIANS WITH EXPERIENCE OF PMS & PERIOD PAIN	
Zahra, 17	A teenager's journey toward comfort, confidence & menstrual wellbeing, SYDNEY
Rachael, 37	Mother of four juggling family & managing pain: her journey to natural period relief, GRAFTON
Cecelia, 30	From painful periods to empowered choices: a naturopath's journey to natural menstrual care, IPSWICH, QLD
Amanda, 42	Counsellor turned advocate – from decades of menstrual struggles to championing natural, accessible support, CANBERRA
Caylie, 33	Teacher navigating period pain since 13: a journey of listening, learning & reclaiming control, GEELONG
Christie, 39	Periods, pain & persistence: a government worker's resilience in managing hormonal challenges, MT DUNEED, VIC
Natalie, 46	Marketing agency director & mother of three navigating decades of crippling menstrual symptoms, ADELAIDE
Prue, 42	Full time banker, wife & outdoors enthusiast navigating life with chronic menstrual pain since age 14, PERTH
Sarah, 36	From infertility to empowerment: healthcare marketer & mother of two who reclaimed her menstrual wellbeing, PERTH
Natasa, 35	Finding strength beyond pain: a teacher's natural approach to period pain relief, PERTH
Daisy, 31	From severe period pain to natural relief: specialist teacher who found a plant-based solution for PMS & menstrual cramps, PERTH
ASSETS AVAILABLE FOR DOWNLOAD TODAY	
DIGITAL MEDIA KIT	www.pmsandperiodpainmediakit.com.au
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2. Lopresti AL, Smith SJ, Ferdinand 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.
3. Zealand BAN. The menstrual load: 1-in-3 Australian women surveyed believe they may have undiagnosed "heavy menstrual bleeding (1)", heavily impacting their everyday life 2023 [Available from: <https://www.bayer.com.au/en/the-menstrual-load-1-in-3-australian-women-surveyed-believe-they-may-have-undiagnosed-heavy#:~:text=For%20younger%20people%20who%20have,from%20living%20a%20full%20life>].
4. Survey JHNWsH. Bothersome periods experienced by Australian women aged 18 to 44 years. 2023.
5. Direct H. Painful periods (dysmenorrhoea) 2025 [Available from: <https://www.healthdirect.gov.au/painful-periods#:~:text=seek%20medical%20help.,What%20causes%20period%20pain%3F,due%20to%20a%20health%20condition>].
6. Channel BH. Period pain – dysmenorrhoea 2025 [Available from: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/menstruation-pain-dysmenorrhoea>].