

What women have been waiting for: The guilt-free chocolate that could beat PMS

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Plenty of women will claim that chocolate already has medicinal qualities.

But a sweet treat designed to alleviate pre-menstrual syndrome could offer an excuse to indulge without the guilt.

The dark chocolate CocoPMS truffles claim to ease the pain of PMS thanks to two anti-inflammatory compounds – chasteberry and bilberry.

As well as helping to reduce stomach cramps and headaches, the ingredients give the chocolates a berry flavour.

'We are very excited to be leading the way in the niche market of healthy chocolate by combining high-quality truffles with nutrients we are personally interested in,' said Xan Confections chief executive Susan Johnson.

However, the guilt-free treats don't come cheap, with prices starting at £7.50 and rising to £30.

One in three women suffers from PMS during the two weeks before menstruation.

It is caused by changes in the levels of the hormone progesterone in the body, and symptoms range from mild stomach cramps and tiredness to unbearable pain and emotional disturbances.

The CocoPMS chocolates, created by U.S. firm Xan Confections, are available from CocoXan.com.



Guilty pleasure: A company has released dark chocolates which ease the pain of PMS thanks to two anti-inflammatory compounds - chasteberry and bilberry