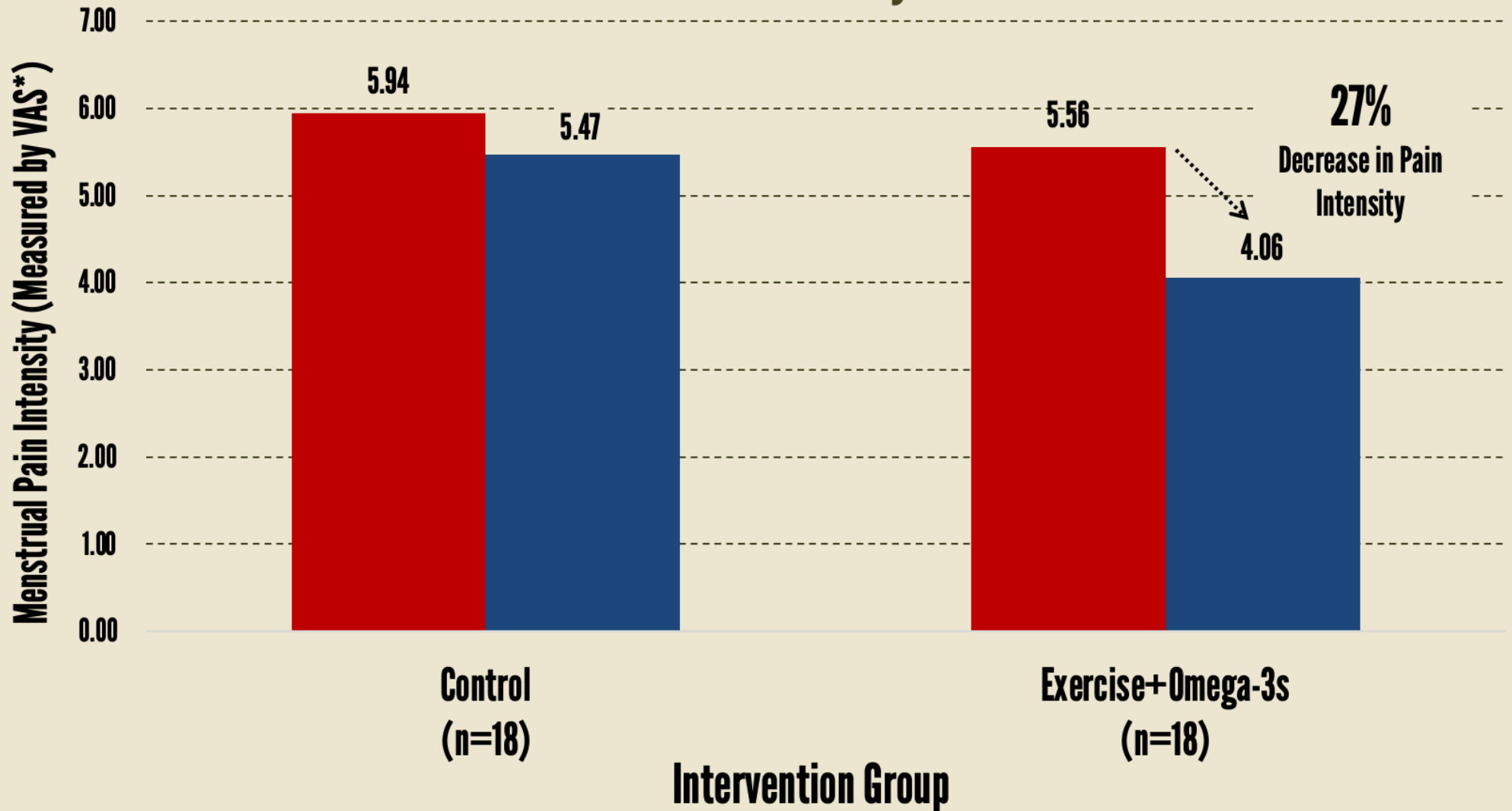


Effect of Exercise and Omega-3 Supplementation on Menstrual Pain Intensity



*VAS = Visual Analog Scale
p=0.023

Chart Date 8/4/2025
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Kumari et al., *Cureus*, 2025.

■ Baseline

■ After 12 Weeks



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