



MedRoots Highlights CBD Suppositories as Targeted Relief Option for Period Cramps

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A growing body of interest surrounding CBD suppositories as an alternative method of relief for menstrual discomfort is drawing attention to their potential role in pelvic wellness. In the latest article titled "Period Cramps No More: Why CBD Suppositories Are Replacing Prescription Meds", MedRoots examines the increasing shift away from traditional treatments like NSAIDs, hormonal birth control, and prescription medications, and presents new insights into how localized CBD delivery may help address the underlying causes of period-related pain.

The article underscores that up to 90 percent of women experience cramps during menstruation, with nearly 80 percent reporting reduced productivity during their cycle. Despite the frequency and severity of symptoms, many women continue to feel stigma around discussing or seeking help for their discomfort. Standard medical responses often fall short: hormonal contraceptives may not alleviate uterine contractions and can introduce unwanted synthetic hormones, while NSAIDs are associated with gastrointestinal side effects and diminishing effectiveness if taken too late. In more severe cases, prescription narcotics have been used, although these carry notable risks and are increasingly discouraged.

The article details how CBD, which interacts with the body's endocannabinoid system, may support pelvic muscle relaxation when delivered near the cervix. The cervix is densely populated with endocannabinoid receptors, making it an effective target for localized delivery. According to data shared at the International Pelvic Pain Society, placement of CBD in this area resulted in measurable reductions in menstrual symptoms and associated quality-of-life impacts. These findings supported the direction taken by MedRoots co-founders Tamar Hill and Dr. Charity Hill, who have focused on developing pharmacy-compounded, clean CBD suppositories specifically for pelvic wellness.

Rather than relying on systemic absorption, CBD suppositories offer a more direct application to the area where uterine contractions occur. When inserted before symptoms peak—ideally on what the article refers to as “Day Zero”—many individuals may experience support within 15 to 20 minutes, with effects lasting between four and twelve hours. The article emphasizes the importance of cycle tracking as a strategy to anticipate symptom onset and begin support proactively.

The article also emphasizes the biological rationale for local application. Because the uterus is composed of involuntary smooth muscle, traditional methods like stretching or external heat are often ineffective for lasting relief. By contrast, CBD suppositories provide internal access to the cervix and surrounding tissues—areas with a high concentration of cannabinoid receptors. This targeted route allows for direct engagement with the muscles responsible for cramping, potentially calming spasms at the source. Timing remains essential, and inserting a suppository prior to symptom escalation appears to be the most effective strategy for reducing severity and improving daily functioning during menstruation.

MedRoots' CBD suppositories are compounded by a certified pharmacy and are free from synthetic fillers and irritants. Each suppository includes magnesium, a mineral known to support muscle relaxation and aid in absorption. For added support during peak cycle days, the company also offers a Period Pack, which combines five CBD suppositories with four lidocaine-infused topical patches designed for external use on the lower abdomen.

The broader theme of the article is empowerment through predictability and preparation. It frames this method not as a cure or replacement for medical care, but as a supportive tool that can be integrated into a personalized wellness routine. By tracking cycles, recognizing early signs, and having a targeted support option available, individuals can reduce the unpredictability and intensity of their monthly symptoms.

For additional insights into the use of CBD suppositories for menstrual discomfort, visit MedRoots. For press inquiries or to request expert commentary from Tamar Hill or Dr. Charity Hill, visit the MedRoots contact page.

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MedRoots

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