

naturemary Advances Development of Next-Generation Solutions for Pain

naturemary's Sonia Mary Kalra is turning her experience with Premenstrual Dysphoric Disorder into a mission for women experiencing pain and hormonal symptoms.

CALGARY, ALBERTA, CANADA, August 27, 2026 /EINPresswire.com/ -- For Sonia Mary Kalra, the story behind [naturemary](https://naturemary.com)[®] began with her own health.

Years before naturemary products would reach pharmacy shelves across Canada, Kalra was searching for ways to manage the physical and emotional symptoms she experienced with Premenstrual Dysphoric Disorder ([PMDD](#)), a severe cyclical condition associated with the menstrual cycle.

As a biologist and neuroscience researcher with a background in neural plasticity, Kalra's experience prompted her to look more closely at the science behind her symptoms and at the broader gaps in women's health research and care.

That personal search helped inspire what would eventually become naturemary.

From Personal Formulations to a Growing Canadian Health Company

Kalra began developing formulations for herself, applying her scientific background and interest in plant compounds to the challenges she was experiencing.

The original objective wasn't to build a national brand.

It was to find something that could help.

As friends and others began trying Sonia's early formulations, the idea started to grow. Sonia and



her husband and co-founder, Kapil Kalra, began producing products in extremely small batches, hand-labeling them and approaching independent retailers one location at a time.

Today, that experiment has evolved into a rapidly growing Canadian pain-relief and wellness company.

naturemary's products are now supported by national distribution infrastructure and are expanding through Canadian pharmacy and retail channels, while the company simultaneously increases its investment in research, formulation and next-generation therapeutics.

But Sonia says the company's evolution is bringing naturemary back to the issue that helped start it in the first place:

women's health.

Beginning With PMDD, Looking Toward Women's Health

Sonia's experience with PMDD became an entry point into a broader conversation about women's health.

Across conditions involving menstruation, hormonal changes, chronic pain and inflammation, women's symptoms have often been under-recognized, under-researched or treated as something they simply have to tolerate.

For Kalra, understanding her own experience raised questions about how biology, pain and hormonal health intersect — and about whether more research and innovation could lead to better options for women.

"naturemary began because I started asking questions about my own health that I couldn't ignore," said Sonia Mary Kalra, Founder and CEO of naturemary. "My experience with PMDD led me to look more closely at women's health and at the need for greater understanding, research and choice. That personal search became the foundation for a much broader mission."

That mission now extends beyond PMDD into pain, inflammation, neurological pathways and the interaction between naturally derived compounds and the human body.

Building the Next Chapter of naturemary

naturemary is now entering a significant new stage in its development.

The company is expanding its Canadian commercialization platform while investing further into R&D, formulation, testing and manufacturing capabilities through its new naturemary Manufacturing & Innovation Hub in Calgary.

Its longer-term ambition extends beyond today's topical pain-relief portfolio.

naturemary is exploring next-generation therapeutic formulations and technologies addressing pain and other areas where the company believes significant unmet needs remain — including women's health.

The company sees an opportunity to bring together biology, neuroscience, formulation science, naturally derived compounds and modern therapeutic development to investigate new approaches to women's health challenges.

"This has become much bigger than the products we started with," Kalra said. "The vision is to take what we've learned and continue advancing the science. Women's health deserves more research, more innovation and more choices."

A Company Coming Full Circle

The growth of naturemary has taken the company from hand-labelled products and small-batch production to national Canadian distribution, expanding pharmacy relationships, international opportunities and an increasingly ambitious R&D pipeline.

But beneath that growth is the same question Sonia began asking years ago:

Can we find a better way?

For naturemary, PMDD is the starting point of a larger commitment to women's health — one focused on encouraging greater awareness, deeper research and new therapeutic possibilities for women experiencing pain and hormonal symptoms.

"If sharing my experience encourages another woman to ask questions or realize that her symptoms deserve to be taken seriously, then telling this story matters," Kalra said. "And if our research can eventually contribute to better solutions, that's even more powerful."

From one woman's search for answers to a growing Canadian health company, naturemary's next chapter is increasingly focused on a simple idea:

Women shouldn't have to accept suffering as normal.

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About naturemary®

naturemary® is a Canadian pain-relief and health innovation company developing science-driven

solutions at the intersection of naturally derived compounds, formulation science and next-generation therapeutics. Founded by Sonia Mary Kalra and Kapil Kalra, the company began with small-batch formulations and has grown into an expanding Canadian brand with national distribution infrastructure, retail and pharmacy relationships, international expansion initiatives and a growing research and development platform.

Kapil Kalra

naturemary

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