

# Menopeace



6 standardised plant extracts of high efficacy (soy-free)  
to support the menopause



60 vegetable capsules

➔ Addresses the many physical and psychological discomforts caused by menopause<sup>(1-3)</sup>.

➔ Formulated with isoflavones, terpenes, and flavonoids to help balance hormone production through menopause.

➔ The plant-based, oestrogen-like properties of the isolates in Menopeace help modulate oestrogen and testosterone levels, keeping them within normal ranges.

➔ The natural ingredients help regulate oestrogen to progesterone levels, for a smooth transition.



## Nutritional information:

1 capsule (542 mg)

Dong quai <sup>(1)</sup> (1% Z-ligustilide)	125 mg
Chaste tree <sup>(1)</sup> (0,5% agnusides, 0,6% aucubin)	125 mg
Red clover <sup>(1)</sup> (40% isoflavones, 25,2 mg AIE*)	75 mg
Dandelion <sup>(1)</sup> (3% flavonoids)	63 mg
Black cohosh ( <i>Cimicifuga racemosa</i> ) <sup>(1)</sup> (2,5% triterpenes)	30 mg
Wild yam ( <i>Dioscorea villosa</i> ) <sup>(1)</sup> (16% diosgenin) (8:1)	25 mg

\*AIE: Aglycone Isoflavone Equivalents

<sup>(1)</sup> standardised extracts

## Indications and uses:

- DONG QUAI (*Angelica sinensis*)<sup>(4)</sup>: Female tonic. Dysmenorrhea, general discomfort and swelling. Mood swings.
- CHASTE TREE (*Vitex agnus-castus*)<sup>(5-6)</sup>: Hormonal balance. Soreness in breasts (mastalgia), inflammation, water retention, anxiety, irritability, mood swings.
- BLACK COHOSH (*Cimicifuga racemosa*)<sup>(7-8)</sup>: Cramping of the uterus. Depression, anxiety, mood swings.
- RED CLOVER (*Trifolium pratense*)<sup>(9-10)</sup>: A very rich source of plant isoflavones of complete isoflavone profile (compared to soy). Oestrogen receptor modulator.
- DANDELION (*Taraxacum officinale*)<sup>(11)</sup>: Water retention. Liver detoxification, elimination of oestrogens.
- WILD YAM (*Dioscorea villosa*)<sup>(12)</sup>: Promotes phytoestrogenic activity of the other plants.

## Recommended daily dose:

1-2 capsules daily. Use for a minimum of 3 months.

## References:

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11. Clare, Bevin A., Richard S. Conroy, and Kevin Spelman. "The diuretic effect in human subjects of an extract of *Taraxacum officinale* folium over a single day." *The Journal of Alternative and Complementary Medicine* 15.8 (2009): 929-934. *Dioscorea villosa*.
12. Komesaroff, P. A., et al. "Effects of wild yam extract on menopausal symptoms, lipids and sex hormones in healthy menopausal women." *Climacteric* 4.2 (2001): 144-150.