



## Doctors Fact Sheet

### What is Promensil?

Promensil is a range of products for Menopause and Post Menopausal Health. Promensil is based on red clover isoflavones (phytoestrogens), a naturally occurring molecule with a chemical structure similar to steroidal estrogen.

### The Promensil range includes:

Promensil Menopause, 40 mg standardised isoflavones and Promensil Menopause Double Strength, 80 mg standardised isoflavones. Promensil Vitality for after menopause combines 40 mg standardised isoflavones, elemental calcium 500 mg and Vitamin D3 3.5 mcg.

### What does Promensil do?

Promensil Menopause has been shown in clinical trials to help reduce the frequency and severity of hot flushes and night sweats and may help maintain bone and heart health.

Promensil Vitality for after menopause helps to prevent and treat osteoporosis and may also help maintain heart health.

### When Should Promensil be recommended?

Menopausal Women: Promensil Menopause and Promensil Menopause Double Strength are appropriate first line recommendations for mild to moderate vasomotor symptoms.

Women After Menopause: Promensil Vitality's formula is specifically developed to assist in the prevention and treatment of osteoporosis and may help maintain heart health.

### Dosage: 1 tablet per day

Individual responses vary, for some women symptom relief occurs quickly and for others symptom relief can take up to 8 weeks. Promensil should be taken for at least 8 weeks to determine efficacy they will experience.

### Maximising Effectiveness

Antibiotics, stress, H<sub>2</sub> antagonists, proton pump inhibitors and caffeine can limit the absorption of isoflavones into the blood stream. Maintaining a healthy gut flora is important and can be enhanced by consuming probiotics and natural yoghurts.

### Red Clover Isoflavones - Mode of Action

Red clover isoflavone structure mimics the human body's natural estrogen and interacts with human estrogen receptors. Isoflavones preferentially activate the beta estrogen receptor found in the brain, bone and cardiovascular system and show little activity in the alpha receptors found in the breast and uterine tissue.

### Clinical Outcomes

Promensil Menopause has been clinically tested with over 1,000 women, demonstrating that it may reduce the number and severity of hot flushes. The Jeri study published in the Female Patient, showed the percentage reduction at 16 weeks with Promensil menopause was 48% for the number of hot flushes and 47% for the severity of hot flushes<sup>1</sup>.

Studies have also shown bone loss is slowed<sup>2</sup> with the use of 40 mg isoflavones and arterial stiffness is improved<sup>3</sup>. Calcium is well known for its ability to assist in the prevention and treatment of osteoporosis and Vitamin D3 improves the absorption of calcium.

### Safety Profile

Promensil's red clover isoflavones are well tolerated in healthy women. Clinical trials have shown no increase in breast density<sup>4</sup> (including women with a family history of breast cancer<sup>5</sup>), no increase in endometrial thickening<sup>6</sup>, no change in biochemical or haematological parameters and no change in liver function<sup>7</sup>.

For more information or copies of clinical papers, log on to [www.promensilclinical.com](http://www.promensilclinical.com) or call 1300 789 709.



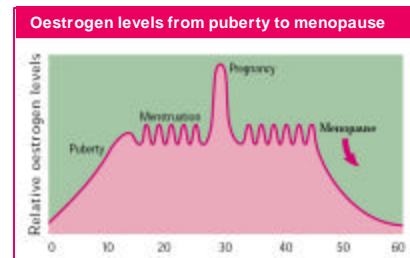
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140 Wicks Rd, North Ryde NSW 2113.

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3. Nestle FJ et al. Isoflavones from red clover improve systemic arterial compliance but not plasma lipids in menopausal women. *J Clin Endo Metab* 1999; 84 (3): 895-898.  
4. Atkinson C, Warren RML, Sala E, Dowsett M, Dunning AM, Healey CS, Runswick S, Day NE, Bingham SA. Red clover-derived isoflavones and mammographic breast density: a double blind, randomised, placebo controlled trial. *Breast Cancer Research* 2004; 6:R170-R179.  
5. Powles TJ et al. Red clover isoflavones are safe and well tolerated in women with a family history of breast cancer. *Menopause International* 2008; 14: 6-12.  
6. Imhof M et al. Effects of a Red Clover Extract on Endometrium and Sex Hormones in Post Menopausal Women. *Maturitas - The European Menopause Journal* 2006 Aug 20;55(1):76-81.  
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## Patient Consultation Sheet

### Promensil Red Clover Isoflavones

- Isoflavones are plant oestrogens which mimic the effects of estrogen in the body.
- Studies have shown a diet rich in isoflavones, like the traditional Asian diet, can reduce menopausal symptoms.
- Women in these communities consume on average 30 – 50 mg of isoflavones each day.
- The typical “western” diet only contains 2 to 5 mg a day making it challenging to achieve a sufficient daily isoflavone dose by dietary changes alone.



### Managing the Impacts of Oestrogen Decline

Promensil Menopause and Promensil Vitality contain a standardised 40 mg of red clover isoflavones and Promensil Menopause Double Strength contains a standardised 80 mg of red clover isoflavones – providing a sufficient dose to achieve a daily isoflavone intake similar to these traditional Asian diets

## Menopause

### Coping with hot flushes

- Avoid common triggers such as over-heated rooms, spicy foods, alcohol and caffeine
- Wear cotton clothing, in layers
- Exercise daily

### Promensil Menopause

40 mg red clover isoflavones

### Promensil Menopause Double Strength

80 mg red clover isoflavones



*Benefits:* Shown in clinical trials to help reduce the frequency and severity of hot flushes and night sweats

*Dosage:* 1 tablet daily with food

## After Menopause

### Maintaining Bone and Heart Health

- The average Aust women consumes 763 mg of calcium a day (RDI for women aged 51-70 is 1300 mg)
- Maintain a healthy weight range
- Exercise regularly
- Follow a low-fat, high-fibre, folate-rich diet.

### Promensil Vitality

40 mg red clover isoflavones

500 mg elemental calcium

3.5 mcg Vitamin D3



*Benefits:* Helps prevent and treat osteoporosis and may also help maintain cardiovascular and heart health.

*Dosage:* 1-2 tablets daily with food.