

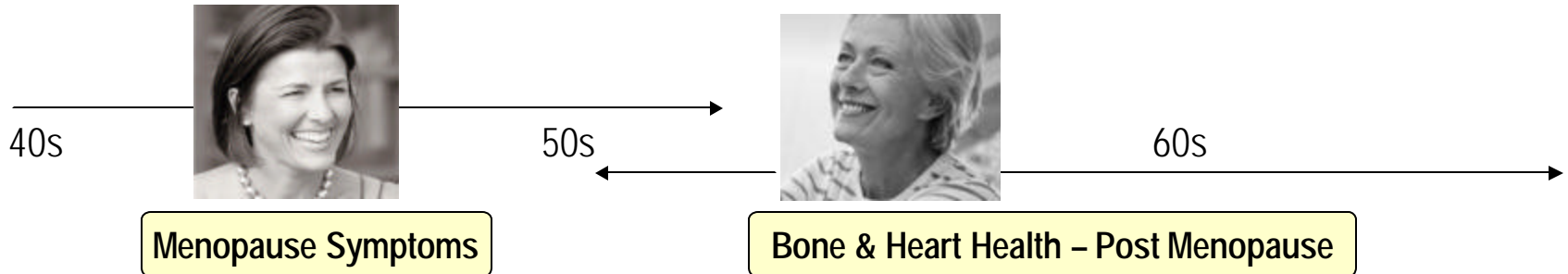
Declining Oestrogen and Its Effects During & After Menopause

Menopause is a natural process whereby the gradual decrease in the ovaries' production of oestrogen marks the body's natural evolution from the fertile child bearing years. During menopause, a woman's declining level of oestrogen can cause hot flushes, night sweats and other troublesome symptoms.

Oestrogen helps protect a woman's bones and heart. As a woman moves through menopause, declining oestrogen levels mean that bone and heart health can be more difficult to maintain throughout post menopause.

Promensil's Patented Red Clover Isoflavones:

- Isoflavones are phytoestrogens (plant oestrogens) which bind to the oestrogen receptors and can mimic the effects of oestrogen in the body. There are four major types of isoflavones found naturally in foods like legumes however the typical Western diet only contains 2-5mg a day and may not include all of these isoflavones.
- Red clover is a rich source of all major isoflavones. Promensil contains a standardised 40mg of red clover isoflavones – giving a sufficient daily dose to help reduce the impacts of oestrogen changes.



Key Issues

- Hot Flashes
- Night Sweats

During menopause, a woman's declining level of oestrogen can cause hot flushes, night sweats and other troublesome symptoms.

Key Issues

- Decreasing bone density, osteoporosis
- Declining heart health

As a woman moves through menopause, her bone and heart health become key issues. The decline in oestrogen, which has helped to protect her bones and heart, means that bone and heart health can be more difficult to maintain after menopause.

Promensil Menopause – helping women manage menopause naturally



Double Strength:
Available in 30 pack.

Menopause:
Available in 30 and 90 packs.

All Promensil products are standardised

Promensil Menopause:

- ❖ 40 mg red clover isoflavones

Promensil Menopause Double Strength:

- ❖ 80mg red clover isoflavones per tablet
- ❖ Especially for women in need of more support.

Dosage: 1 small tablet daily with a meal.

Benefits: First line option for women seeking a natural alternative to HRT:

- Clinical testing has shown that Promensil Menopause has the ability to reduce the frequency and severity of hot flushes and night sweats.
- Well tolerated in healthy women, and has a good safety profile through 15 product-specific clinical trials including liver safety, endometrium and breast.
- Promensil does not contain black cohosh (Cimicifuga rootstock).

Trial for at least 8 weeks: Individuals' responses vary; for some women the positive effects of Promensil are not felt for some time and for others it is much quicker. Promensil should be taken for at least 3-8 weeks to determine its efficacy for the individual.

Promensil Vitality – bone and heart health, especially for post menopausal women



Vitality: Available in 30 pack.

Promensil Vitality:

- ❖ 40 mg red clover isoflavones
- ❖ 500 mg (elemental) calcium
- ❖ 3.5 mcg Vitamin D3

Dosage: 1-2 tablets daily with food, depending on dietary calcium intake.

Benefits: helps maintain a healthy, active life.

- Research has shown that Promensil's red clover isoflavones may help slow bone loss and maintain heart health.
- Promensil's red clover isoflavones are well tolerated in healthy women and have a good safety profile through 15 product-specific clinical trials including liver safety, endometrium and breast.
- Assists in the prevention & treatment of osteoporosis
- All the bone & heart health benefits of Promensil's isoflavones together with a daily dose of calcium and vitamin D3; all in one tablet.

Maximising the effectiveness of Promensil: Antibiotics, stress and caffeine may reduce the healthy gut flora and limit the absorption of isoflavones. Consuming probiotics, like natural yoghurt, Yakult or Inner Health tablets may help re-establish the healthy gut flora. Absorption of Promensil may also be reduced if taking H₂ antagonists or proton pump inhibitors.

Daily use is important: To achieve benefits, Promensil should be taken every day.