

MENOPEACE is a formula rich in phytoestrogens which act as hormonal regulators. The components of this formula make it indicated for the relief of the variable discomforts of menopause.

This formula uses standardized plant extracts in order to ensure the effectiveness of the active ingredients.

**Ingredients:** Dong quai root extract (*Angelica sinensis*), chaste tree berry extract (*Vitex agnus-castus*), red clover flower extract (*Trifolium pratense*), dandelion root extract (*Taraxacum officinale*), black cohosh root extract (*Cimicifuga racemosa*), wild yam rhizome extract (*Dioscorea villosa*), anticaking agent: vegetable magnesium stearate, vegetable capsule (glazing agent: hydroxypropylmethylcellulose, purified water).

#### Nutritional information:

	1 capsule (542 mg)
Dong quai <sup>(1)</sup> (1% Z-ligustilide)	125 mg
Chaste tree <sup>(1)</sup> (0,5% agnusides)	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: Aglycogen Isoflavone Equivalents

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

**Contains no:** Preservatives, artificial flavour or colour, milk or milk products, wheat, soy, or yeast.

#### Size and format:

60 vegetable capsules

#### Recommended daily dose:

1-2 capsules daily. Use for a minimum of 3 months or as recommended by a health-care practitioner.

Do not exceed the stated recommended daily dose.

#### Indications and uses:

Different studies have shown that the ingredients in MENOPEACE can be helpful for the following conditions:

Discomfort caused by menopause such as hot flashes, night sweats, palpitations, insomnia, vaginal dryness, irritability, mood swings and depression.

#### Cautions:

The intake is not recommended if you are pregnant or breast-feeding. Consult a health-care practitioner prior to use if you are treated with medication, especially anticoagulants; if you are taking hormone replacement therapy or oral contraceptives; or if you have a special medical condition. Avoid prolonged exposure to sunlight or ultraviolet (UV) light when using this product.

Do not use if you currently have or previously have had breast cancer or if you have a predisposition. May increase fertility. Discontinue use if signs of allergy, nausea, diarrhoea, or other gastrointestinal symptoms occur.

**DONG QUAI (1% Ligustilide):** A feminine tonic used since antiquity, it plays an important role in cardiovascular and hormonal function, making the plant an essential ingredient for this formula.

Dong Quai has no oestrogenic properties, but its importance as a hormonal tonic is derived from its effect on the blood vessels, the liver and the endocrine system<sup>(1,2)</sup>.

**CHASTE TREE BERRY VITEX AGNUS-CASTUS (0,5% Agnusides):** A great feminine tonic, it is an excellent plant for hormonal balance<sup>(3,4,5)</sup>.

It favours the oestrogen/progesterone balance and is therefore effective at relieving the symptoms of menopause. It can be of great help for controlling the excessive menstrual flow which often precedes menopause<sup>(4,5,6)</sup>.

**DANDELION (3% Flavonoids):** The root of the dandelion is very beneficial for the liver. The liver is an important organ for hormone production, regulation and detoxification.

Dandelion also has a high nutrient content and is helpful in the case of anaemia due to abundant menstrual flow, which often precedes menopause<sup>(7,8)</sup>.

**RED CLOVER (40% ISOFLAVONES) E.E.:** The bud of the red clover stands out as a very rich source of plant isoflavones, and since this formula includes a 40% standardized extract, each capsule provides 24 mg of red clover isoflavones.

Red clover also contains several minerals, trace elements and A, C and B group vitamins. Lately it has gained a lot of attention due to its high content in isoflavones and minerals, and its oestrogenic action for palliating the symptoms associated with menopause.

Studies show that isoflavones help relieve hot flashes and vaginal dryness. One recent study has shown that the isoflavones found in red clover can provide cardiovascular benefits for women during menopause<sup>(9,10)</sup>.

**BLACK COHOSH:** Black cohosh is a plant native to North America and probably the most important plant for menopause. It has oestrogenic activity and is considered a natural alternative to hormone therapy. It is effective against hot flashes, perspiration, palpitations and vaginal dryness. Studies show that it is also a very helpful plant for nervousness, irritability, depression and anxiety that can accompany menopause<sup>(11)</sup>.

**WILD YAM (*Dioscorea villosa*) (16% diosgenin):** Wild yam normalizes hormone production and regulates the balance of oestrogen and progesterone, making it a very useful plant for menopausal disorders<sup>(13,14)</sup>.

It helps liver function and as such is not only good for the reproductive system, but is also helpful when the liver is the cause of hormonal imbalance<sup>(14)</sup>.

## References:

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