

Top ingredients for menopause products

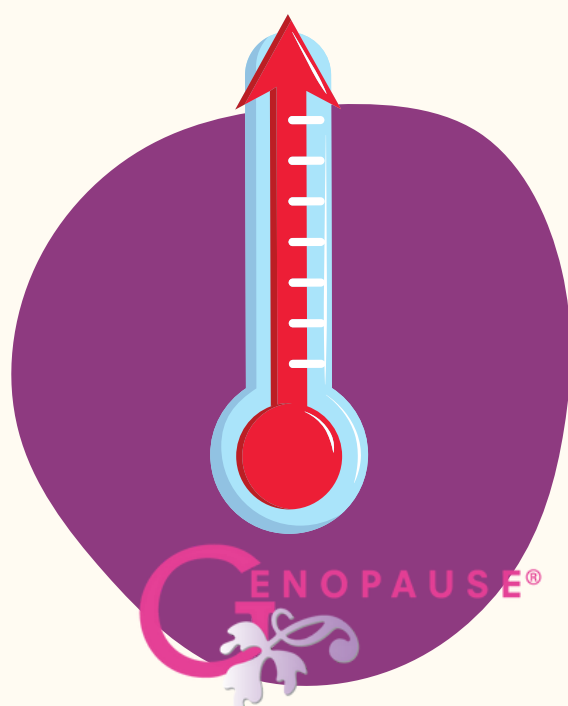
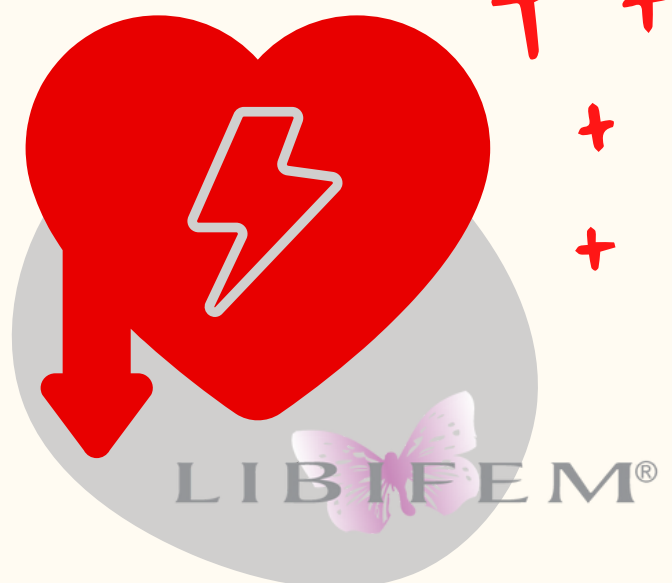


Libifem®

Fenugreek extract with a dose of 300mg twice a day.

How it targets menopause:

- Clinically proven to help reduce hot flushing
- Clinically proven to help improve libido



Genopause®

Blend of 4 herbal extracts (Asparagus racemosus, Withania somnifera [Ashwagandha], Commiphora mukul, Tinospora cordifolia [Guduchi]). Genopause® has a dose of 500mg twice a day.

How it targets menopause:

- Clinically proven to help reduce hot flushing
- Clinically proven to help improve sleep
- Clinically proven to help improve fatigue
- Clinically proven to help decrease feelings of nervousness
- Clinically proven to help improve mood

Levagen+®

Palmitoylethanolamide (PEA) with a dose of 150mg-600mg per day.

How it targets menopause:

- PEA is known to be an anti-inflammatory and analgesic, whilst providing neuroprotective properties. It is naturally produced by the body as a repair mechanism in response to periods of increased stress, pain and inflammation. It shows no risk of toxicity or adverse effects, making it a prime candidate in the long-term management of many chronic degenerative diseases
- Can help to reduce pain such as headaches
- Clinically proven to help reduce sleep inertia and increase restful REM sleep



Calmaluma®

Caralluma Fimbriata extract with a dose of 500mg twice a day.

How it targets menopause:

- Has been shown to help reduce anxiety and stress

KSM-66 Ashwagandha®

Ashwagandha root extract with a daily dose of 600mg.

How it targets menopause:

- Has been studied on subjects specifically over the age of 65 and shown to help improve quality of life
- Has been shown to help improve quality of sleep
- Has been shown to help improve sexual function in females
- Has been shown to help decrease stress and anxiety
- Has been shown to help manage weight management in adults under chronic stress
- Has been shown to help enhance general memory function and executive function, attention and processing speed



Other notable ingredients:

- Soy isoflavones and Red Clover Extract both contain isoflavones which are a class of phytoestrogens and can bind to the same receptors as oestrogen can, decreasing some of the symptoms associated with menopause
- Hyaluronic Acid can help improve skin elasticity and hydration
- Cranberry Extract and D-Mannose can help to relieve UTIs which are more common during menopause
- Biotin for the access to the health claim "contribution to the maintenance of normal mucous membranes"
- Our Core Chelate® range of bisglycinates for access to bone, skin, hair and nail claims

