EMINOPROTECT

Menopause
FORMULA

Dietary Supplement

60 tablets
Menopause commences with the absence of menstrual blood for a period of 12 consecutive months. It starts when the production of estrogen and progesterone is significantly lowered. It is a natural process of aging.

**The Menopause Transition**

<table>
<thead>
<tr>
<th>20</th>
<th>30</th>
<th>40</th>
<th>50</th>
<th>60</th>
<th>70</th>
<th>80*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reproductive age</td>
<td>Menopause transition</td>
<td>Post menopausal period</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MENOPAUSE:** Diagnosed after 12 months amenorrhea defines menopause

Pre-menopause is the period prior to the transition to menopause. It may begin months or even years before the onset of menopause and ends with menopause. During this stage women experience irregular circles (changes in the duration or even absence of a cycle) and menopause symptoms. Menopause is caused by depletion of primordial follicles in the ovaries. Women have maximum number of follicles in the 20th week of gestation. The pool of follicles decreases progressively until the age of 50, when this tank of follicles is depleted.

- **Depletion of follicles**
  - ↓ Inhibin B
  - ↓ Granulosa cells
  - ↓ Oestradiol
  - ↓ SHBG
  - ↓ FSH
- **Post menopausal**
  - ↓ Ovulation
  - ↓ Corpus luteum
  - ↓ Progesterone
  - ↓ LH
- **Legthening of the menstrual cycle**
  - Lighter hemorrhages

**Early fall of follicles**
**Shorter duration of menstrual cycle**
**Shorter follicular phase of the cycle**

**But maintain relatively high free testosterone concentrations**
BEFORE AND AFTER MENOPAUSE HORMONAL CONCENTRATIONS

Black: Before menopause
Red: After menopause

- FSH
- LH

Relatively less developed. Reduction due to more rapid hepatic clearance and selective inhibition of FSH inhibin.

Mainly by aromatization of androstenedione (D4)

Angiogens concentration greater than estrogens

Oestradiol
Estrone
Androstenedione
Testosterone

ORGANIC CHANGES DURING MENOPAUSE

↓ Oestradiol

Vasomotor instability

Noradrenaline
Serotonin
Limited thermoregulatory setting in the hypothalamus
Net flushes, night sweats
Depression, fatigue during the day
Estrogens

Urogenital mucosa

Collagen composition
Brittleness vaginal walls
Blood flow to the vaginal epithelium
Glycogen production
Stress Urinary incontinence
Pelvic organ prolapse
vaginal PH
Epithelium atrophy
Vaginal secretions
Vaginal dryness
Vaginal irritation
Inflammation
Estrogens

Cardiovascular

Total cholesterol
Prostacyclin
↓ LDL
 ↑ HDL
 ↓ Endothelin
 ↑ Formulation

Risk of arteriosclerosis
Risk of heart attack
Estrogens destabilize the already formed plaque

Bones

Osteoclast apoptosis
↓ Secretion bone
 ↑ RANKL receptor activator of nuclear factor kappa-B (ligand)

Maturation and survival of osteoclasts

Bone resorption and formation

Osteoporosis
REASONS FOR SLEEP PROBLEMS DURING MENOPAUSE

PROGESTERONE = Sleep problems

ESTROGENS = Sleep problems, secondary to the following conditions

- Hot flushes
- Night sweats
- Mood disorders
- Bloating
- Abdominal cramps
- Nausea
- Headaches
- Itchy skin
- Muscle tension
- Joint aches
- Urinary incontinence

Due to its components EMINOPROT formula contributes to the natural function of the nervous system throughout menopause as well as to the normal synthesis and metabolism of steroid hormones and Vitamin D, therefore preserving normal bone density.

COMPOSITION IN ACTIVE INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Per day dose (1 tab)</th>
<th>% RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don Quai extract (Angelica sinesis), 1% lignituloides</td>
<td>120 mg</td>
<td></td>
</tr>
<tr>
<td>Glyceric max soy 40% isoflavones</td>
<td>80 mg</td>
<td></td>
</tr>
<tr>
<td>Red clover dry extract (Trifolium pratense)</td>
<td>60 mg</td>
<td></td>
</tr>
<tr>
<td>Vitamin B1 (thiamine)</td>
<td>0.7 mg</td>
<td>127.27%</td>
</tr>
<tr>
<td>Vitamin B5 (ca-pantothenate)</td>
<td>3 mg</td>
<td>50%</td>
</tr>
<tr>
<td>Magnesium (as magnesium oxide)</td>
<td>48 mg</td>
<td>12.8%</td>
</tr>
</tbody>
</table>

DOSAGE

Take 1 tablet once a day.

PRECAUTIONS

- Do not exceed the recommended daily dose.
- Dietary supplements should not be used as a substitute of a balanced diet.
- Keep away from young children.
- This product is not intended for the prevention, care or treatment of a human disease.
- Consult with your doctor if you are pregnant, breast-feeding, taking pharmaceutical treatment or having health problems.

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