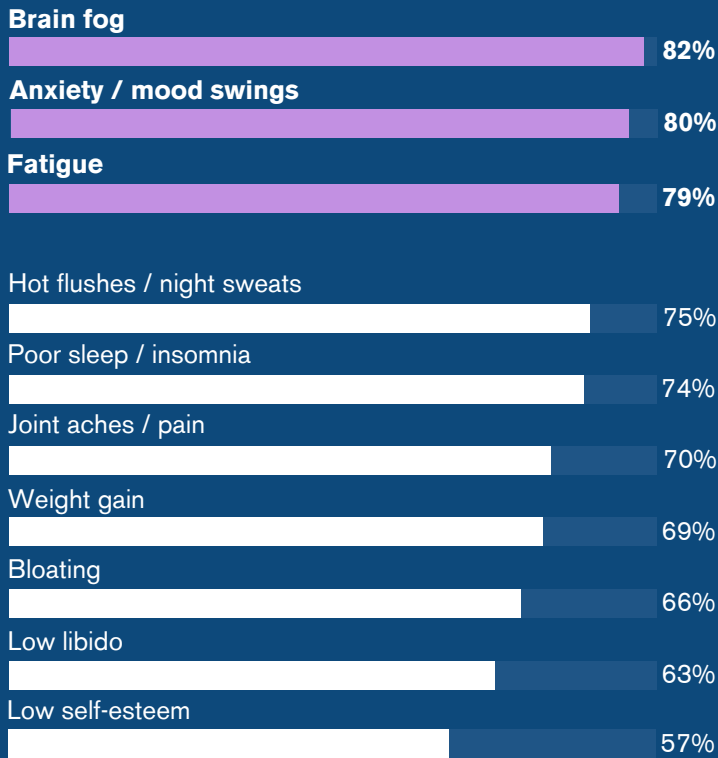


DR.VEGAN[®]

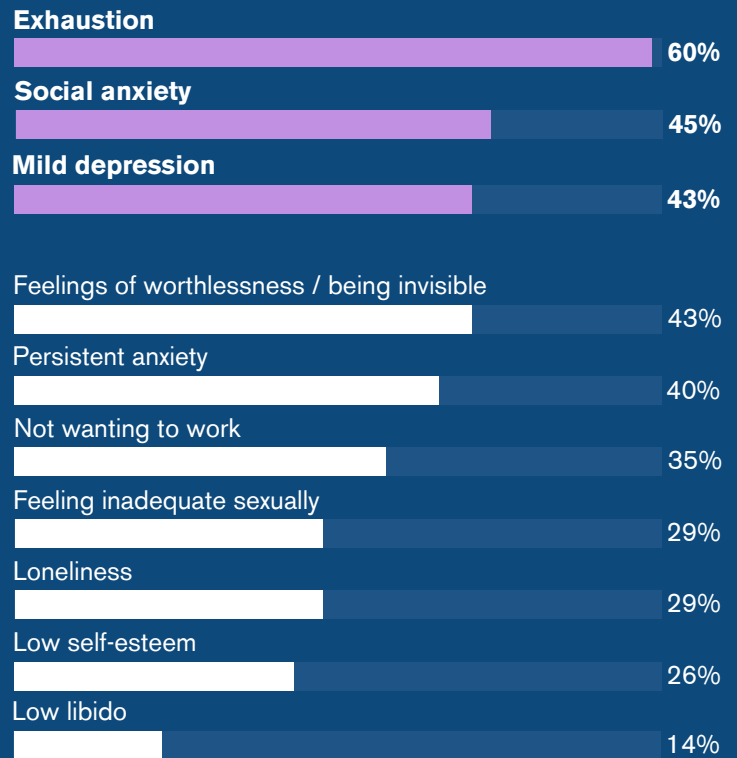
MENOPAUSE SURVEY 2024

Our research of 1,526 women reveals the most common and severe symptoms of menopause, the changes in gut health during menopause, the importance of diet during menopause, and the effectiveness of MenoFriend[®]

Most common menopause symptoms

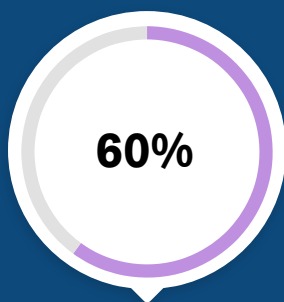


Impact of menopause symptoms



Perimenopause

41% more women in perimenopause experience vaginal infections than those in menopause.



of women going through perimenopause experience PMS symptoms.

'Period poo' can also be experienced during perimenopause.

Menopause & diet

82% had made changes to their diet to help relieve symptoms of menopause and 66% found these changes effective.

The four most effective changes in diet were:



Increase plants & vegetables



Reduce alcohol



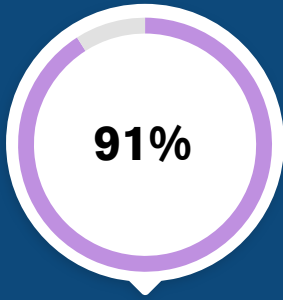
Reduce dairy / gluten



Increase fibre

Gut health

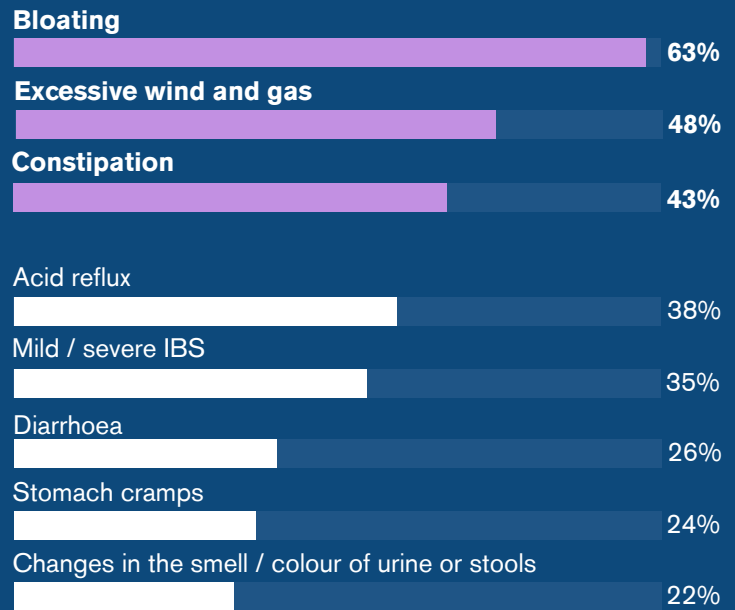
Nearly two-thirds of women first noticed their gut health changing during perimenopause.



of women noticed changes to their gut health during perimenopause and menopause.

More than 75% of women experienced bloating and excessive wind / gas almost every day.

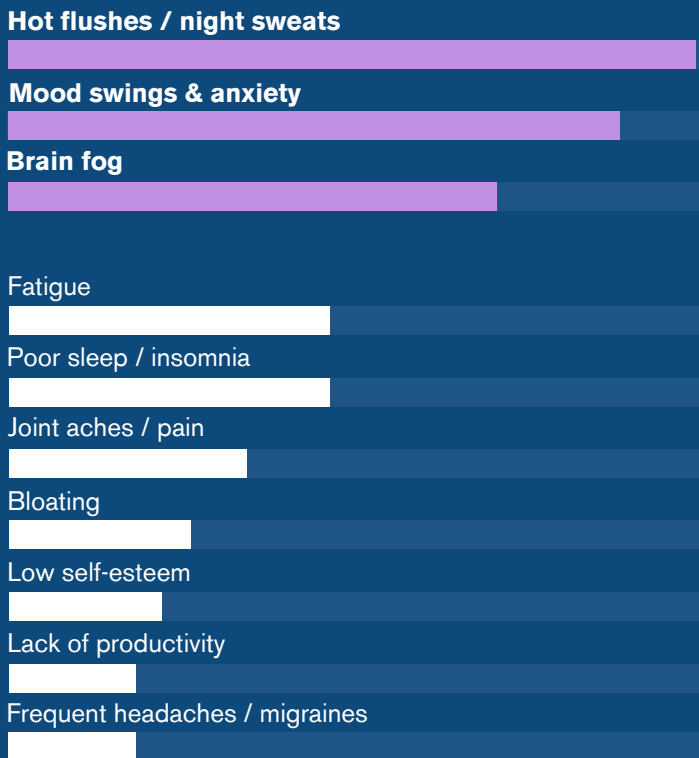
8 common gut health changes



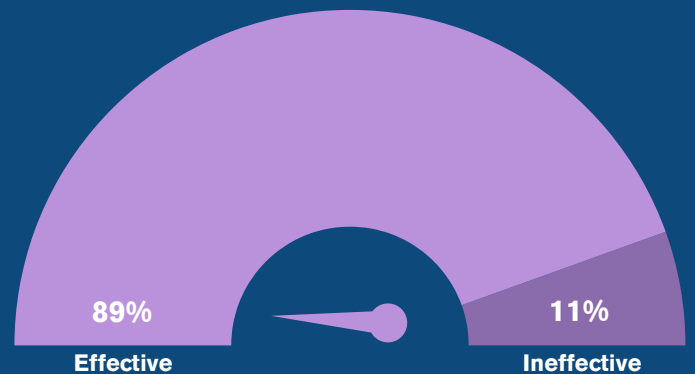
Gut Works® was the most effective probiotic remedy. Twice as many women rated Gut Works® as 'very effective' compared to standard probiotics.

The effectiveness of MenoFriend®

Common symptoms it relieves



Effectiveness



89% of women find MenoFriend® effective when taken for 60 days or more.



1 in 5 women in our survey who take HRT took MenoFriend® alongside HRT.

For the full report & results of our Menopause Survey 2024 please contact us at team@drvegan.com

Online survey of 1,526 women in the UK during January 2024. Included 996 women who took / had taken MenoFriend®, 311 women who took / had taken Gut Works®, and 574 women who took / had taken HRT. Nationally representative.