

promensil.[®] menopause

& Double Strength

The natural way to help manage the symptoms of menopause.

Promensil Menopause Double Strength may help relieve:

- Hot flushes • Night sweats

May assist in:

- Slowing bone loss
- Relieving anxiety



Promensil Products

Promensil Menopause Double Strength – Start with Double Strength for menopausal symptoms. Double the dosage in a convenient single tablet.

Promensil Menopause – Use once symptoms are more manageable. May help relieve menopause symptoms naturally. Or you could try:

Promensil Vitality – With all the benefits of Promensil Menopause, plus the addition of calcium and Vitamin D3.

Customer Care Line

For further information about Promensil, please contact Novogen's Customer Care Line on:

Novogen Customer Care

- 📞 Australia New Zealand
1300 789 709 0800 668 6436
- 🌐 www.promensil.com

Always read the label. Use only as directed.
If symptoms persist see your healthcare professional.
Vitamins can only be of assistance if the dietary intake is inadequate.

Novogen, 140 Wicks Rd, North Ryde, NSW 2113, Australia.
NZ: Morningside, Auckland.

McK30687/11

NOVOGEN
Consumer Healthcare
Regenerate

Available in
**Double
Strength**

Pro-natural
Pro-me
Promensil



promensil.[®] menopause

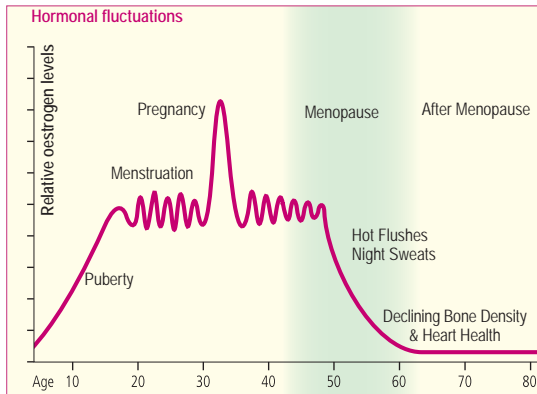
Menopause

Menopause is a natural process whereby the gradual decrease in the ovaries' production of naturally occurring oestrogen marks the body's natural evolution from the fertile child bearing years. Whilst menopause literally means the last menstrual period of a woman's life, it is confirmed when a woman has not had a menstrual period for 12 consecutive months.

For some menopause occurs as early as 35,

for others as late as 65. However, for most women, menopause usually occurs between the ages of 45 to 55.

Peri-menopause refers to the time leading up to menopause when periods can become irregular and menopausal symptoms can be experienced. The underlying changes, and associated menopausal symptoms may occur because of the effects of declining naturally occurring oestrogen. Most women refer to Peri-Menopause as the stage that they are 'menopausal'.



The Symptoms

During menopause the changes and symptoms are often quite noticeable – irregular periods, hot flushes and night sweats for instance. These symptoms may last a few months or several years. The body also begins to react in less noticeable ways too. Up until menopause, as well as regulating the reproductive cycle, naturally occurring oestrogen has also assisted the body in maintaining a healthy heart and strong bones. However, after menopause, lower naturally occurring oestrogen levels can decrease the ability to absorb calcium.

- **Hot flushes** – a feeling of intense heat associated with sweating and a rapid heart beat. For some women, the skin can visibly blush during a hot flush.
- **Night sweats** – hot flushes that occur while you sleep
- **Mood swings, irritability & anxiety**
- **Change in sleep patterns**
- **Invisible symptoms** – women must take an active role in maintaining their bones and heart

Natural Dietary Approach

Plant compounds called isoflavones, that can act similarly to our body's own oestrogen have been identified. Isoflavones are a natural plant oestrogen, or phytoestrogen. Studies suggest a role for diet in reducing menopausal symptoms, particularly an Asian diet abundant in isoflavones.^{1,2} The traditional Asian, Central American and Mediterranean diets are particularly rich in isoflavones, due to high consumption of legumes. It is estimated that women in these communities consume on average 30-50 mg of isoflavones each day. However it is estimated that women eating Western diets consume only a few milligrams of isoflavones daily.³

promensil. menopause

Double Strength

You can start with Double Strength for your menopausal symptoms. It is a high quality, daily nutritional supplement containing 80mg of red clover isoflavones. Red clover is one of the richest sources of isoflavones, containing all four of the principle isoflavones. The quantity of isoflavones in Promensil Menopause can be difficult

to consume on a daily basis in the typical Western Diet.

May help relieve hot flushes, night sweats and anxiety, plus it may assist in slowing bone loss.

promensil. menopause

Containing 40mg of red clover isoflavones, Promensil Menopause may help relieve hot flushes and night sweats. As alternative, you could try:

promensil. vitality

With all the benefits of Promensil Menopause, it may relieve hot flushes and night sweats. Vitality has the added benefit of calcium and Vitamin D3. Vitamin D helps calcium absorption, and a diet deficient in calcium can lead to osteoporosis in later life. For use both during and beyond menopause.

Testing has observed no evidence of weight gain with the use of Promensil, and no known interactions at the recommended dosage. Promensil does not contain black cohosh, which may be linked with liver damage

How to take Promensil Menopause

- Take one convenient tablet daily with food.
- To relieve daytime symptoms, take Promensil Menopause with breakfast.
- If night time symptoms are worse, take Promensil Menopause with evening meal.

Individual responses vary, however women experiencing a reduction in symptoms will usually notice this within 3-8 weeks of daily use of Promensil.

The active ingredients

Promensil Menopause contains standardised isoflavones extracted from red clover. Because each tablet has been standardised, you can be confident that you obtain the same dose of isoflavones in each and every tablet.

User Comments

"Within 4 days my hot flushes/night sweats were reduced, I would say by 90%! I am now in my third week of taking the tablets and I am no longer getting hot flushes etc. I feel great!" Annette, NSW.

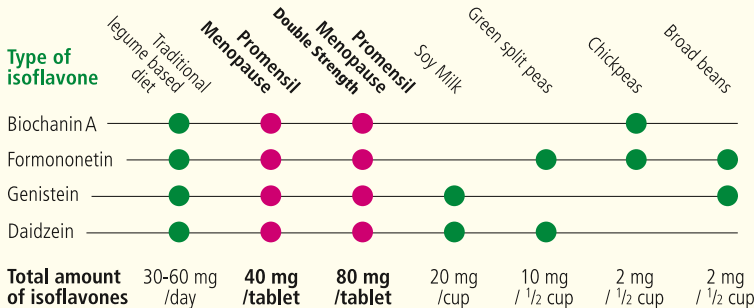
"It has only been 3 weeks since I began Promensil, but I feel a different person, I can truly say I have not had such a sense of wellbeing for 15 years and I can't thank you enough!" Glenys, NSW.

Novogen Products

Novogen Consumer Healthcare, the company responsible for developing Promensil, is proudly Australian. It markets its products in over 19 countries around the world.

Novogen Consumer Healthcare also manufactures Trinovin which offers natural help for medically diagnosed benign prostatic hypertrophy (enlarged prostate). Prostate enlargement is common in men over fifty, and Trinovin may assist in relieving symptoms such as a weak or broken urine stream, and frequent need to urinate. If you would like more information, please contact Novogen or visit: www.trinovin.com

Relative content of important dietary isoflavone plant oestrogens



► Promensil's isoflavones are derived from red clover, one of the world's richest sources of the 4 important isoflavones – soy contains just 2!

Adapted from Reinli, K. and G. Block "Phytoestrogen Content of Foods – A Compendium of Literature Values". Nutr. Cancer 26 (2): 123-148, (1996). Data on file.

1 Ismael NN. A study on the menopause in Malaysia. Maturitas 1994;19(3):205-9 2 Tang GW. The climacteric of Chinese factory workers. Maturitas 1994;19(3):177-82. 3 Rekers H, Burger HG, Boulet MJ, editors. A Portrait of Menopause. Parkridge, New Jersey: The Parthenon Publishing Group; 1991; p.23-43.