

REGU-LACTA

HELPS PROMOTE MILK SECRETION

BIO-Vega's REGU-LACTA capsules are primarily composed of fenugreek, one of the oldest medicinal plants with documented history. While widely used as a spice in Indian, North African and Middle Eastern cuisine, this aromatic herb also offers an impressive range of therapeutic benefits: she is used in herbal medicine as galactagogue to assist in the production of milk and as supportive therapy to help control glucose levels.



Dosage form Capsule
 Recommended route of administration Oral
 NPN # 80001398

Dosage

Fenugreek (*Trigonella fœnum-græcum*)150 mg (20:1, QCE* 3 000 mg)
 * Equivalent quantity to 3 000 mg



We guarantee our natural health products made in Canada and contain **NO GMOs and NO Pesticides**. Our production processes comply with Health Canada's **Good Manufacturing Practices (GMP) Guidelines**.

MEDICINAL PROPERTIES

- Galactagogue
- Digestive
- Natural Appetite Suppressant
- Detoxifying
- Glycemic control
- Acid Reducer

THERAPEUTIC INDICATIONS

● Cholesterol - Triglycerides - LDL

Many studies have underscored orally ingested fenugreek's cholesterol-lowering effect – as it is a great source of soluble (21.7%) and insoluble fiber (26.8%). Conventional science seems to be agreed on the fact that the high fiber content in fenugreek (more specifically, galactomannan) actually blocks cholesterol absorption. The presence of soluble fiber, in particular, is thought to increase the viscosity of digested food and inhibit the uptake of cholesterol and bile acids. Fenugreek has also been shown to lower total and LDL cholesterol and triglyceride levels in people with high lipid levels in preliminary trials.

● Digestive conditions and detoxification

Fenugreek may help with numerous digestive problems, such as upset stomach, constipation and various forms of inflammatory conditions of the GI tract. For instance, the water-soluble fiber in fenugreek, helps relieve constipation. It also works to support digestion and can even be incorporated in an ulcerative colitis diet treatment plan due to its anti-inflammatory effects. More recent research suggests that taking a fenugreek supplement before the two biggest meals of the day effectively reduces symptoms of heartburn and reflux. Finally, as an added detoxifying bonus, the fiber content

(saponins, mucilage, etc.) of fenugreek naturally binds to toxins in the food and helps flush them out of the body.

● Galactagogue - low milk supply - to increase the flow of breast milk

Fenugreek ranks high among the 'must haves' for nursing mothers. The herb contains phytoestrogens, as well as diosgenin, which has been shown to increase milk production / milk flow in lactating women, with results typically being observed in only 1 to 3 days of treatment. In both conventional and alternative medical circles, fenugreek is recommended before any other medicine or supplement, and/or in combination with techniques such as manual stimulation of the breasts (often with the help of a breast pump). Of note however, fenugreek can cause uterine contractions, so it is advisable that pregnant women should avoid fenugreek.

● Glycemic control - Diabetes management

Fenugreek is one of the most recommended foods/ supplements in the diabetic diet. Because of the presence of galactomannan, a natural soluble fiber in fenugreek, which slows down the rate of carbohydrate/sugar digestion and absorption into the blood, fenugreek is a great supplement to help control glycemia. Fenugreek also contains key amino acids responsible for inducing the produc-

tion of insulin. Finally, the seeds are thought to help improve the way the body utilizes sugar and modulate the amount of insulin released according to the body's fluctuating needs.

● Menstruation - PMS - Menopause

Fenugreek contains compounds such as isoflavones that due to the similarity in their molecular structure with estradiol, have the ability to cause estrogenic and anti-estrogenic effects. Because of its chemical composition then, fenugreek can help rebalance hormone levels and reduce the most common symptoms associated with menstruation and PMS such as cramping, bloating and migraine headaches. These compounds also help ease menopausal symptoms such as hot flashes and mood swings.

● Weight loss

A lack of proper hunger and satiety signaling can be a key factor that leads to weight gain and interferes with efforts to achieve or maintain a healthy weight. Including fenugreek in a weight loss plan is always a great adjunctive. Take your fenugreek supplements first thing in the morning on an empty stomach. The natural soluble fiber in the seeds will swell and help fill the stomach, conferring a greater feeling of satiety and thereby helping to suppress appetite. As an added bonus, the seeds also add to digestive bulk, which helps prevent constipation.

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OUR MANUFACTURING METHODS

If all wines are not born equal, the same goes for phytotherapy products. Thus, BIO-Vega products are distinguished by:

- The **care** with which raw materials are selected.
- The **wide variety of plants and natural substances** used in the compositions.
- The **extraction methods** are inspired by both traditional methods and spagyric methods based on alchemical principles in order to extract the full therapeutic potential of plants. In fact, the substances extracted from the plants are first separated, treated and then combined again to provide an essence containing all the curative elements of the plant, including the trace elements while preserving the whole life force of the plant.

But above all, the great distinction of BIO-Vega products lies in **the exclusivity of its recipes** strongly influenced by the ancient traditions of Chinese as well as Oriental medicine, and in the variety and finesse of the methods of extraction of the active elements of plants and natural substances.

REGU-LACTA PLANT

● fenugreek

One of the oldest medicinal plants with documented history, fenugreek has played a substantial role in traditional Chinese medicine and Ayurveda. While widely used as a spice in Indian, North African and Middle Eastern cuisine, this aromatic herb also offers an impressive range of therapeutic benefits.

An annual plant belonging to the Fabaceae family and growing approximately two feet tall, fenugreek, which is also considered a legume, is an excellent source of minerals such as copper, potassium, calcium, iron, selenium, zinc, manganese, and magnesium,

OUR MISSION

BIO-Vega is a Canadian (Quebec) Natural Health Products company whose mission is to offer high quality natural health products to help you heal yourself and stay naturally healthy.

and also supplies ample amounts of soluble dietary fiber. It is also quite rich in essential vitamins, including thiamine, pyridoxine, folic acid, riboflavin, niacin and vitamins A & C.

The seeds themselves contain a wide variety of phytochemicals such as choline, trigonelline, diosgenin, yamogenin, gitogenin, tigogenin and neotigogens. Together, these unique compounds impart fenugreek with its considerable medicinal properties.

Surely it's most widely recognized therapeutic application is as an herbal galactagogue. In fact, fenugreek has been used since ancient times as a potent herbal solution for increasing milk production and stimulating milk flow. Today, both conventional doctors and natural health practitioners recommend it to their patients. It is important to be aware that fenugreek does have an effect on blood sugar levels, and is in fact, often used in the treatment of diabetes. Knowing this, a nursing mother with hypoglycemia or diabetes will need to watch her blood sugar levels a little more closely should she choose fenugreek as her galactagogue of choice.

As far as fenugreek's effect on glycemia in general, numerous scientific studies have demonstrated that the amino-acid 4-hydroxy isoleucine in the seed exerts a facilitator action on insulin se-

cretion. In addition, the abundant fiber in the seeds is recognized to help lower the rate of glucose absorption in the intestines, and as such, to help regulate blood sugar levels.

A very interesting double-blind placebo-controlled study was recently conducted on 25 newly diagnosed patients with type 2 diabetes, to determine the consistency of the effects of fenugreek seeds on glycemic control and insulin resistance. After two months of treatment, blood glucose, as well as insulin levels were shown to be significantly lower across the test subject group. As such, it would seem that the use of fenugreek yields both effective and consistent results in the improvement of glycemic control and the decrease of insulin resistance in type 2 diabetes, and may be considered as part of a global approach to diabetes management. ●



CONCOMITANT PRODUCTS

- To help support milk production, fenugreek may be combined with blessed thistle, malt, fennel, fucus, galega, anise, basil, milk thistle, verbena, parsley and caraway - each having demonstrated galactagogue properties. Of course it is up to each mother to find the plant or the combination that suits her best, according to her needs and preferences. It is always advisable to consult a knowledgeable lactation consultant for any issues you encounter during breastfeeding.
- For diabetes management, fenugreek may be combined with the Ayurvedic herb *Gymnema sylvestre* to help with glycemic control and the addition of prickly pear, which has been shown to lower blood sugar levels and improve lipid levels in the blood, may also be considered.
- Finally, please note that fenugreek should be administered at least 2 hours before or after taking other medications or supplements because it can affect their absorption.