

ViaZen

ViaZen Menopause Spec Sheet

FOR HEALTH PROFESSIONALS

Presentation

90 capsules

Anticipated results

- Relief of menopausal symptoms.
- Better management of the physiological stress caused by hormonal disruption during menopause.
- Balance of circulating estrogen levels in supporting the hepatic detoxification function.
- Improved energy production and disappearance general fatigue.
- Increased vitality.



Secondary anticipated results

- Reduction of oxidative stress (free radicals > antioxidants) and the aging process.
- Protection against loss of bone mass.

Who needs ViaZen Menopause?

This product has been specially developed to provide natural support without side effects to women whose quality of life is disrupted by the discomfort associated with menopause.

It can be used from the moment the menstrual cycle begins to become irregular with or without the appearance of other clinical signs associated with menopause listed in Table 1.

Table 1: Clinical symptoms of menopause

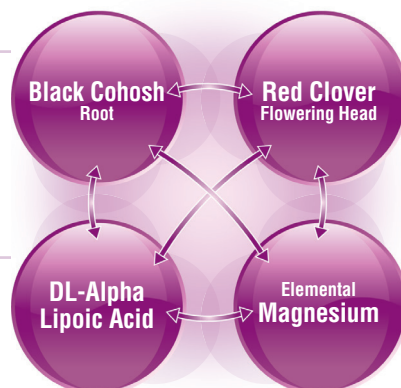
- | | | | |
|--------------------------|--|-----------------|-------------------|
| • Amenorrhea | • Dysmenorrhea: Menstrual cycles modifications and spotting in the middle of the cycle | • Irritability | • Night sweat |
| • Anxiety | • Hair loss | • Joint pain | • Skin dryness |
| • Bloating | • Heavy legs | • Memory loss | • Stress |
| • Breast tension | • Heart palpitations | • Migraine | • Tiredness |
| • Constipation | • Hot flushes | • Mood swing | • Vaginal dryness |
| • Depression | • Insomnia | • Muscle cramps | • Weight gain |
| • Drop or loss of libido | | • Nervousness | |

ViaZen Menopause, a powerful synergy of 4 active medicinal ingredients

The ingredients' synergy of ViaZen Menopause is the key of the effectiveness of this SUPERIOR FORMULA.

Daily dosage (for 3 capsules): 225 mg

- Hormonal balance
- Anti-stress



Daily dosage (for 3 capsules): 225 mg

(Standardized extract to 18,9 mg of total isoflavones)

- Hormonal balance
- Antioxidant

Daily dosage (for 3 capsules): 450 mg

- Antioxidant
- Liver detoxification support

Daily dosage (for 3 capsules): 630 mg

(Provided from magnesium citrate)

- Calming
- Energizing

Note: ViaZen Menopause is recommended in presence of soy allergies, because the ISOFLAVONES included in this formula originated from Red Clover and not from soybeans. This natural health product is free of wheat, soy, corn, yeast, peanuts, gluten, egg and dairy products. It does not contain preservatives, sweeteners, colouring agents, artificial flavours and is exempt of GMO.

Non-medicinal ingredients

Microcrystalline cellulose, vegetable magnesium stearate, gelatin. ViaZen Inflammation is free of wheat, soya, corn, yeast, peanuts, gluten, egg and dairy products. It does not contain preservatives, sweeteners, colouring agents, artificial flavours and is exempt of GMO.

Action mechanisms

ViaZen Menopause helps relieve the discomforts associated with menopause several ways. Of the 125 active compounds in red clover, **isoflavones** appear to be responsible for the majority of the therapeutic benefits by helping to regulate estrogenic activity. This effect is associated with affinity (due to the similarity of their chemical structure) of isoflavones for estradiol receptors and their capacity to act as agonists and antagonists. The main isoflavones present in the red clover are **biochanin A** and **formononetin**. These molecules are respectively metabolized in vivo to genistein and diadzein. In addition, these four isoflavones would have anti-androgenic activity. It seems that the red clover also has a regulatory action on the messenger RNA of progesterone.

Black cohosh is approved by the Commission E and the World Health Organization, as a specific treatment to relieve menopause symptoms, and is widespread in Europe.

Among the active constituents having demonstrated pharmacological activity, we find **triterpene glycosides** (actin, 27-deoxyactein, cimicifugosides A and M, cimicracemosides A-H), **phenylpropanoids** (cimicracemates A and B), **organic acids** (caffeic, cimicifugic A, B, D-F, cinnamic, salicylic), **polyphenols** and **lignans**. Black cohosh does not appear to have any significant direct estrogenic effects, but a rather anti-estrogenic effect. Its therapeutic action would also be associated to a serotonergic and an agonist effect on the mu-type opioid receptor, thereby reducing the physiological stress of menopause.

Cautions

Consult a health care practitioner prior to use: if you are breastfeeding; if you take thyroid hormone replacement; if you have diabetes; if you have a liver disorder or develop symptoms of liver trouble. Consult a health care practitioner if symptoms persist or worsen.

References

Wuttke W *et al.* Maturitas. The Cimicifuga preparation BNO 1055 vs. conjugated estrogens in a double-blind placebo-controlled study: effects on menopause symptoms and bone markers. 2003 Mar 14;44 Suppl 1:S67-77.
Radowicki S *et al.* Effectiveness and safety of the treatment of menopausal syndrome with Cimicifuga racemosa dry extract. Ginekol Pol. 2006. Sep;77(9):678-83.
Nappi RE *et al.* Efficiency of Cimicifuga racemosa on climacteric complaints: a randomized study versus low-dose transdermal estradiol. Gynecol Endocrinol. 2005. Jan ;20(1):30-5.
Mahady GB. Black cohosh (Actea/Cimicifuga racemosa): review of the clinical data for safety and efficacy in menopausal symptoms. Treat Endocrinol. 2005;4(3): 177-84.
Geller SE, Studee L. Botanical and dietary supplements for mood and anxiety in menopausal women. Menopause. 2007. May-Jun;14(3 Pt 1):541-9.
Booth NL *et al.* The chemical and biologic profile of a red clover (Trifolium pratense L.) phase II clinical extract. J Altern Complement Med. 2006. Mar ;12(2):133-9.
Overk CR *et al.* Comparison of the in vitro estrogenic activities of compounds from hops (Humulus lupulus) and red clover (Trifolium pratense). J Agric Food Chem. 2005. Aug 10;53(16):6246-53.
Imhof M *et al.* Effects of a red clover extract (MF11RCE) on endometrium and sex hormones in postmenopausal women. Maturitas. 2006. Aug 20;55(1):76-81.
Tice JA *et al.* Phytoestrogen supplements for the treatment of hot flashes: the Isoflavone Colver Extract (ICE) Study: a randomized controlled trial. JAMA. 2003 Jul 9;290(2):207-14.
Miquel J *et al.* Menopause: a review on the role of oxygen stress and favorable effects of dietary antioxidants. Arch Gerontol Geriatr. 2006 May-Jun;42(3):289-306.
Pou KM *et al.* Visceral and subcutaneous adipose tissue volumes are cross-sectionally related to markers of inflammation and oxidative stress: the Framingham Heart Study. Circulation. 2007 Sep 11;116(11):1234-41.
Beitner H. Randomized, placebo-controlled, double blind study on the clinical efficiency of a cream containing 5% alpha-lipoic acid related to photoaging of facial skin. Br J Dermatol. 2003 Oct;149(4):841-9.
Pansini F *et al.* Oxidative stress, body fat composition, and endocrine status in pre- and postmenopausal women. Menopause. 2007 Aug 9.
Nielsen FH *et al.* Dietary magnesium deficiency induces heart rhythm changes, impairs glucose tolerance, and decreases serum cholesterol in postmenopausal women. J Am Coll Nutr. 2007 Apr;26(2):121-32.
Hachul de Campos H *et al.* Sleep disturbances, oxidative stress and cardiovascular risk parameters in postmenopausal women complaining of insomnia. Climacteric. 2006 Aug;9(4): 312-9.
Fenichel P. Xénoestrogènes et cancer du sein: De nouveaux facteurs de risque accessibles à la prévention ? Reprod. hum. horm. 2005, vol. 18, no 1-2 (56 ref.), pp. 34-42.
Sohoni P, Sumpter JP. Several environmental oestrogens are also anti-androgens. J Endocrinol 1998 Sep ;158(3): 327-39.
Olea N *et al.* Inadvertent exposure to xenoestrogens. Eur J Cancer Prev 1998 Feb ; 7 Suppl 1: 17-23.
www.naturaldatabase.com / www.passeportsante.net / www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/monograph/mono_list_f.html#m / www.naturalstandard.com

Recommended Use

As of the appearance of one or several symptoms associated with menopause, ViaZen Menopause should be taken on a regular basis at the dosage of one capsule 3 times a day with meals, during 3 to 6 consecutive months. Optimal results will appear after approximately three weeks of treatment.

ViaZen Menopause can be used WITHOUT RISK in the presence of soy allergies, since the ISOFLAVONES of this formula come from red clover and not from soybeans.

Magnesium potentiates the regulation of hormonal and nervous functions, thus allowing the reduction of the stress level which amplifies the discomfort of the menopause.

Scientific literature highlights that oxidative stress (free radicals > antioxidants) is increased during menopause, which is associated with the process of aging and the development of degenerative diseases.

ViaZen Menopause formula includes several sources of antioxidants, in order to counter this process.

Alpha lipoic acid (ALA) has significant antioxidant power. Its molecular structure allows it to be soluble in water and in fats, and therefore neutralize several types of free radicals. This molecule also has the ability to recycle other antioxidants, including vitamin E, vitamin C and the antioxidant enzyme glutathione, which is extensively synthesized by the liver. Supporting liver function in the detoxification process, helps with a more efficient transformation of circulating estrogens.

Several constituents of black cohosh and red clover also have an antioxidant activity. Black cohosh, red clover and magnesium provide protection against loss of bone mass and thus help prevent osteoporosis.

Finally, **magnesium** and **ALA** participate in the production of energy (ATP) and therefore will help reduce general fatigue, often present during menopause.

Contraindications

Contraindicated during pregnancy.