

Femapause™

Femapause™ contains a total of five active **B.E.E.®** ingredients to help reduce menopausal symptoms.

Femapause™ is a revolutionary dietary supplement like no other, since it is manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology. **B.E.E.®** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

Femapause™ is designed for women whose estrogen and progesterone levels have begun to decline. **Femapause™** is especially suited for women suffering from some perimenopausal or menopausal symptoms, such as hot flashes, night sweats, vaginal dryness, insomnia, headaches, anxiety, emotional changes and sexual disinclination. In addition, **Femapause™** also helps combat the aging process and restores a youthful and vigorous life.

Femapause™ works by stimulating and balancing a number of key female hormones from the pituitary gland all the way to the adrenals.

Femapause™ will either cause the body to naturally secrete more of the needed hormones or it will reduce certain high hormone levels in order to bring the woman's body into proper hormonal balance.

Applications

Femapause™ has been used to:

- Increase the levels of estrogen and progesterone in the body
- Relieve menopausal symptoms such as hot flashes, night sweats, vaginal dryness, insomnia, headaches, anxiety, emotional disturbances, sexual disinclination, etc.
- Balance the entire female hormonal system
- Reduce levels of luteinizing hormone (LH)
- Help combat the aging process and prevent age-related diseases
- Improve cardiovascular health
- Modulate the central nervous system
- Protect against breast cancer and osteoporosis
- Boost the immune system
- Help increase the production of red blood cells
- Improve the health of the skin
- Prevent LDL cholesterol oxidation
- Lower high blood pressure and improve levels of good cholesterol (HDL)

Pomegranate Fruit B.E.E.[®]: contains flavonoids, polyphenol and phytoestrogen that helps prevent and provides relief from most perimenopausal and menopausal symptoms, such as hot flashes, cold sweats, breathing difficulties, osteoporosis, headaches, dizziness and anxiety. As a powerful antioxidant, it also helps slow the aging process and prevents age-related diseases, such as cardiovascular disease, diabetes and cancers. **Pomegranate Fruit B.E.E.[®]** contains a natural source of ellagic acid and powerful antioxidants, which are traditionally used to scavenge free-radicals, and are known for their anti-aging properties. **Pomegranate Fruit B.E.E.[®]** contains the estrogens (estrodial, estrone, and estriol) the ovaries no longer produce. Animal-based estrones are often used to treat symptoms of the natural changes in menopause, but many women are reluctant to use them. Pomegranate estrone mimics the positive affects of estrogens and may reduce the negative health symptoms associated with menopause. Many cultures have considered the pomegranate a symbol of fertility and rejuvenation. The plentiful seeds of the fruit are a clear indication that it will increase fertility, and therefore desire. And the seeds do indeed contain a natural estrogen, which is close in composition to that formed in the human ovaries. According to a study from Japan, Pomegranate is known to contain estrogens and show estrogenic activities in mice. Administration of pomegranate extract (juice and seed extract) for 2 weeks to ovariectomized mice prevented the loss of uterus weight and shortened the immobility time compared with 5% glucose-dosed mice (control). In addition, the ovariectomy-induced decrease of BMD was normalized by administration of the pomegranate extract. The bone volume and the trabecular number were significantly increased and the trabecular separation was decreased in the pomegranate-dosed group compared with the control group. Some histological bone formation/resorption parameters were significantly increased by ovariectomy but were normalized by administration of the pomegranate extract. These changes suggest that the pomegranate extract inhibits ovariectomy-stimulated bone turnover. It is thus conceivable that pomegranate is clinically effective on a depressive state and bone loss in menopausal syndrome in women.

Black Cohosh Root B.E.E.[®]: contains plant estrogens that act like mild estrogens in your own body. Thus, it can help with many of the symptoms resulting from estrogen deficiency—including hot flashes, night sweats, heart palpitations, headaches, vaginal dryness, depression, anxiety, and sleep disturbances; with none of the side effects of HRT (Hormone Replacement Therapy). The primary active constituent of the Black Cohosh root is believed to be the terpene glycoside fraction, including actein and cimifugoside. The rhizome also contains other potentially biologically active substances, including alkaloids, flavonoids, and tannins. It is classified as a phytoestrogen. The active components of the natural form include: acetin, cimicifugoside, acetylacteal, 27-deoxyactin, cimigenol, deoxyacetylacteal. Long recommended for "female complaints", this herb contains estrogenic substances that help relieve menopause discomforts, especially hot flashes. Studies on animals and women have shown that its various components act on the hormonal system in at various levels. Some do bind to estrogen receptors in the body. It causes LH, but not

FSH suppression. (Estrogens cause both to be suppressed, when they both rise they are signs of menopause). In one study of 110 menopausal women, half were given Black Cohosh root extract, while the other half took an inactive preparation (a placebo). After eight weeks, blood tests showed significant estrogenic activity in the women taking the herb. In another study, women with vaginal dryness due to menopause experienced similar relief whether taking Black Cohosh or pharmaceutical estrogen. A compound recently identified in Black Cohosh-fukinolic acid-was shown to have estrogenic activity in vitro. Other active compounds appear to include triterpene glycosides (including actein and cimicifugoside), resins (including cimicifugin), and caffeic and isoferulic acids. A randomized, double-blind, placebo-controlled trial in 80 menopausal women compared 8 mg/day of a Black Cohosh extract with placebo or conjugated estrogens. At 12 weeks, scores on the Kupperman index and the Hamilton anxiety scale were significantly lower in the treated groups than in the placebo group; the scores of participants using Black Cohosh were somewhat better than the scores of those receiving the estrogen treatment. This is one of the few studies in which hot flashes were scored separately from other symptoms. Daily hot flashes decreased from 4.9 to 0.7 in the Black Cohosh group, 5.2 to 3.2 in the estrogen group, and 5.1 to 3.1 in the placebo group. Another randomized, 12-week study of 55 menopausal women compared an ethanolic extract of Black Cohosh with conjugated estrogens or diazepam. Regardless of the treatment, all symptoms improved as measured by the Kupperman index, a depression scale, and an anxiety scale. A 1991 study women found that Black Cohosh may also help to minimize hot flashes by reducing levels of luteinizing hormone (LH), a compound produced by the brain's pituitary gland that regulates the activities of a woman's ovaries. The rise in LH has been been implicated as a cause of hot flashes.

Red Clover Flower B.E.E.®: contains natural isoflavones that help women maintain estrogen levels and cardiovascular health during menopause. This herb contains 1 to 2.5 percent isoflavones (a type of phytoestrogen found in a various plants). Phytoestrogens have mild estrogenic properties that block estrogen receptors. This is believed to be the key to Red Clover's ability to modify symptoms of menopause. (Isoflavones have also been shown to play a part in lowering the risk of heart disease and may also help prevent osteoporosis). Red Clover is also a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Red Clover belongs to the legume family and contains phytoestrogens (formononetin, biochanin A, daidzein, coumestrol, and genistein). Several studies of a proprietary extract of Red Clover isoflavones suggest that it may significantly reduce hot flashes in menopausal women. In one study, postmenopausal women who ingested Red Clover for two weeks had demonstrably higher estrogen levels, which declined when they went off the special diet. With this new study, a team of researchers in The Netherlands wanted to determine if the frequency of hot flashes could be reduced, using a standardized extract of Red Clover. A group of 30 menopausal women, 49 to 65 years old, were divided into two groups. One group received a placebo for three months, while the other group received 80 mg per day of the Red Clover extract. The subjects agreed to eliminate any items from their diets that contained isoflavones (such as soy products, grains and cabbage). When the results were analyzed, the researchers found that the women in the placebo group experienced

no change in the frequency of their hot flashes. The women who received Red Clover, however, enjoyed a 44% reduction in their hot flash frequency. Furthermore, once the maximum decrease was fully established (after about 8 weeks of use), the reduction of frequency was maintained for the remaining 4 weeks of the study. Because it contains the phytoestrogens (biochanin, daidzein, formononetin, and genistein), some researchers speculate that it may have an estrogenic effect on the breast and/or endometrium with long-term use (greater than 3-months, the duration of the clinical trials on Red Clover). Another double-blind trial also found that Red Clover improved cardiovascular function in menopausal women.

Angelica Root B.E.E.®: contains various coumarins and flavonoids that contribute to balancing the female hormonal system and having adaptogen-like effects, thus helping to relieve menopausal symptoms. The principal active constituents appear to be groups of coumarins, ferulic acid and ligustilide. **Angelica Root B.E.E.®** also modulates the central nervous system, thus helping with symptoms such as depression, anxiety and insomnia. Angelica has been shown to increase sexual activity in females, enhance red blood cell count and circulation, help reduce the risk of high cholesterol and high blood pressure, protect the liver and stimulate the immune system. It also has been used as an analgesic, a sedative and a menstruation regulator. Predominantly regarded as a female remedy, Angelica has been used to alleviate dysmenorrhea (painful menstruation), amenorrhea (absence of menstruation), metrorrhagia (abnormal menstruation), menopausal symptoms (especially hot flashes) and to assist in a healthy pregnancy. It also has been used to address abdominal discomfort, anemia, injuries, arthritis, migraine headaches and many other conditions. Angelica seems to be most useful in alleviating the discomforts of menstruation, menopause (particularly hot flashes) and uterine cramps. Studies conducted on older women using this plant extract showed that it helped alleviate depression and hot flashes commonly associated with menopause. Angelica works by relaxing the uterus and aids in reducing menopause symptoms. Although some popular literature suggests that Angelica acts as a phytoestrogen in the body (similar to isoflavones), there does not appear to be any estrogenic compounds present in the plant. Instead, Angelica relaxes the uterine muscles, enhances metabolism, improves liver function (which improves the excretion of hormones), aids in the use of Vitamin E, stabilizes heart rhythms, lowers blood pressure by dilating blood vessels and has a mild sedative activity.

Soy Bean B.E.E.: contains isoflavones that have an estrogenic activity that help combat hot flashes, as well as protect against breast cancer and osteoporosis. Soy isoflavones have been shown to ameliorate the effects of menopause. Soy isoflavones bear a strong chemical resemblance to the female hormone estrogen. It has been used by some to offset the estrogen fluctuations and imbalances brought on by menopause, and post-menopause conditions. Hot flashes are one of the more common ailments that accompany the onset of menopause, and Soy isoflavones are considered by some to be particularly effective as a response. A recent six-year study involving 1,106 women in Japan demonstrated that Soy does appear to reduce the occurrence of hot flashes associated with menopause. In Japan, where Soy foods are commonly consumed daily, women are only one-third as likely to report menopausal symptoms as in the

United States or Canada. In fact, there is no word in the Japanese language for "hot flashes". Even though their estrogen activity is weak, isoflavones may be potent enough to reduce menopausal symptoms. In fact, research has shown that women who ate Soy flour daily experienced about a 40 percent reduction in menopausal symptoms. Since estrogen helps protect against osteoporosis and heart disease, women are at greater risk for both of these problems after menopause. Several studies have shown that women who consume large amounts of Soy-based phytoestrogens have fewer menopausal complaints. Asian diets typically contain 40 to 80 milligrams of Soy isoflavones per day, compared to 3 milligrams per day for American diets. A scientific study of 104 postmenopausal women examined the consumption of 60 grams of isolated Soy protein with 60 grams of the common milk protein (casein) per day for 12 weeks. Women receiving the Soy experienced a 45% reduction in hot flashes, which was significantly different from the milk protein group. This difference was noted by the fourth week of treatment.

Vitamin A Palmitate: helps boost the immune system, protecting against invaders that may cause disease and fatigue. It's also needed for the normal production of red blood cells, helping prevent fatigue caused by anemia or heavy menstrual bleeding. It helps improve the health of the skin, suppressing premenstrual acne and oily skin. Vitamin A also keeps the eyes and bones healthy and some studies have even shown that vitamin A may help fight cancer.

Vitamin C: As an antioxidant, vitamin C helps prevent LDL cholesterol oxidation, which is the process that can result in clogged arteries, heart attacks and strokes. It also lowers blood pressure, increases HDL cholesterol (the "good," protective type of cholesterol) and helps maintain levels of vitamin E. It also has an antihistamine effect, which can help women whose allergies worsen just before their periods. And, by bolstering the immune system, it helps prevent fatigue caused by infections. Vitamin C also helps the body absorb iron — critical in preventing fatigue. Vitamin C is known for its beneficial effect on the immune system, strengthening blood vessels and also for its role as an antioxidant in the body. So not only is Vitamin C important for preventing illness, and for encouraging good health in general, but it also has specific benefits during menopause. Giving women vitamin C with bioflavonoids has been shown to help reduce hot flashes. Vitamin C also helps to build up collagen which gives skin its elasticity and it is therefore helpful in the prevention and treatment of vaginal dryness (which can cause discomfort when the vagina loses some of its 'stretch'). It can also help retain the elasticity in the urinary tract and so prevent leakage or stress incontinence, which is common during menopause. Collagen is also important for your bones. Vitamin C is known to stimulate collagen and bone synthesis.

Vitamin E: Helps to relieve hot flashes, balances mood, restores energy and helps keep tissues and skin healthy. A 1997 National Institute on Aging study found that supplementing with 2,000 IU of vitamin E daily even slowed the progression of Alzheimer's disease. Many years ago, researchers studied the effects of vitamin E in reducing symptoms of menopause. Most studies have found vitamin E to be helpful. Many nutritionally oriented doctors suggest that women going through menopause take

800 IU per day of vitamin E for a trial period of at least 3 months to see if symptoms are reduced. If helpful, this amount may be continued. Using lower amounts for less time has led to statistically significant changes, but only marginal clinical improvement. Over many years clinical studies have shown its effect on reducing hot flashes. Vitamin E is also helpful for vaginal dryness and one study showed that just 400iu taken daily for between 1 and 4 months helped 50 percent of the women given supplemental vitamin E. Although most women fear breast cancer, their biggest killer is heart disease. There is now such a wealth of information on the effects of nutrition on heart disease that taking HRT to prevent this condition is illogical and, in fact, has not been proved. In 1996 a study published in the Lancet showed that 2000 patients with arteriosclerosis (fatty deposits in the arteries) had a 75 percent reduction in their risk of heart attack when given vitamin E. At the time, researchers claimed that vitamin E was even more effective than aspirin in reducing heart attacks.

SUGGESTED USE:

Take 1-2 capsules 1-2 times daily with a meal or after a meal.