



Profem plus
FOOD SUPPLEMENT

NEW

**PHYSICAL AND MENTAL
WELL-BEING IN MENOPAUSE**

 **Guna**
healthy lifestyle

Profem plus - the menopause

Menopause is characterized by a **physiological change** in female **hormonal balance**. Menopause can entail several **symptoms, in the short and long term**:

SHORT TERM SYMPTOMS

- Menstrual irregularities
- Hot flushes: **80% of women suffer from these vasomotor symptoms for up to 2 years after the onset of menopause, due to reduced activity of endogenous opioids**
- Sweats (even at night)
- Insomnia
- Anxiety and depression
- Asthenia
- Irritability
- Body weight gain

MEDIUM AND LONG TERM SYMPTOMS

- Urogenital disorders
 - » Vaginal dryness
 - » Dyspareunia
 - » Urinary incontinence
- Skin and mucosal atrophy
- Eye dryness
- Obesity
- Osteoporosis
- Cardiovascular disorders
- Atherosclerosis

Profem plus helps keep the delicate physiological balance of women in menopause:

Profem plus

SUPPORT TO WOMEN'S HEALTH AND WELL-BEING IN MENOPAUSE

Naturally lactose-free
GMO-free



Profem plus - for the well-being of menopausal women

ESCLUSIVE COMBINATION:

Active ingredients of plant origin:

- **Soy** (*Glycine max* L. Merr - seed, dry extract)
- **Green tea** (*Camellia sinensis* L. Kuntze - leaves, dry extract)
- **Pueraria** (*Pueraria lobata* (Willd.) Ohwi - root, dry extract)
- **Griffonia** (*Griffonia simplicifolia* M.Vahl ex DC. Baill - seeds, dry extract)
- **Vitex** (*Vitex agnus castus* L. - fruit, dry extract)
- **Red clover** (*Trifolium pratense* L. - flowers and leaves, dry extract)
- **7 lactic acid bacteria strains and fibre (FOS)**
- **Zinc**



Nutritional support helping to:

- Reduce menopause symptoms: hot flushes, night sweats, insomnia, mood alteration, irritability, nervousness, increased sense of hunger
- Skin elasticity and mucosal trophism
- Support the immune defenses
- Normal intestinal function
- Maintain normal blood pressure
- Maintain physiological bone health
- Sustain the physiological metabolism of carbohydrates and macronutrients

COMPLETE AND SYNERGISTIC ASSOCIATION OF DIFFERENT STANDARDIZED ISOFLAVONES:^{1,2,3,4,5,6,7,8,9}



- **RED CLOVER** extract standardized to minimum 8% Isoflavones

This plant contains **four types of isoflavones (formononetin, coumestans, daidzein and genistein)**, which are **not normally contained in food**. In particular, **coumestans** are a group of highly **bioavailable and active isoflavones** characterized by a high affinity for estrogen receptors beta. Moreover, they are useful to **support normal skin function and to help counteract menopausal disorders**.



- **PUERARIA LOBATA** extract standardized to minimum 40% Isoflavones

The most modern use of the **Kudzu root** is related to its **high content of daidzein, formononetin** (methylated form of daidzein), **puerarin and coumestans**. Kudzu root extract is useful for **regulating blood pressure and cardiovascular function**. It also contributes to normal joint function.



- **SOY** extract standardized to minimum 10% Isoflavones

Several epidemiological studies have shown that **soy intake helps reducing hot flushes up to 60%**, thanks to its high content in **genistein**, an isoflavone characterized by a high affinity for estrogen receptors beta. Soy extract contributes also to lipid metabolism.



- **VITEX** extract standardized from fruits (> 0.5% Agnuside)^{10,11,12}

NEW

A clinical study versus placebo¹² showed that the administration of Vitex in a group of 60 women aged between 45 and 60 years, with an average of 6 hot flushes per day, significantly reduced the daily frequency of hot flushes from the second week of its administration and for the duration of the treatment.¹³



- **GRIFFONIA** extract standardized >20% of L-5-HTP¹³

NEW

The seeds of this plant contain a significant amount of 5-HTP (5-hydroxytryptophan), a direct precursor of serotonin. Griffonia contributes to relaxation, sleep regulation and mental well-being. It is also useful to control the sense of hunger.



- **GREEN TEA** extract standardized to minimum 50% Polyphenols¹⁴

Green tea extract is rich in polyphenols, anti-oxidants useful for maintaining body weight. Green tea also contributes to the drainage of body fluids and it is a useful tonic in case of physical and mental fatigue.

Profem plus - three cores for a synergistic action

Bifidobacterium lactis Bb1 (DSM 17850)¹⁵

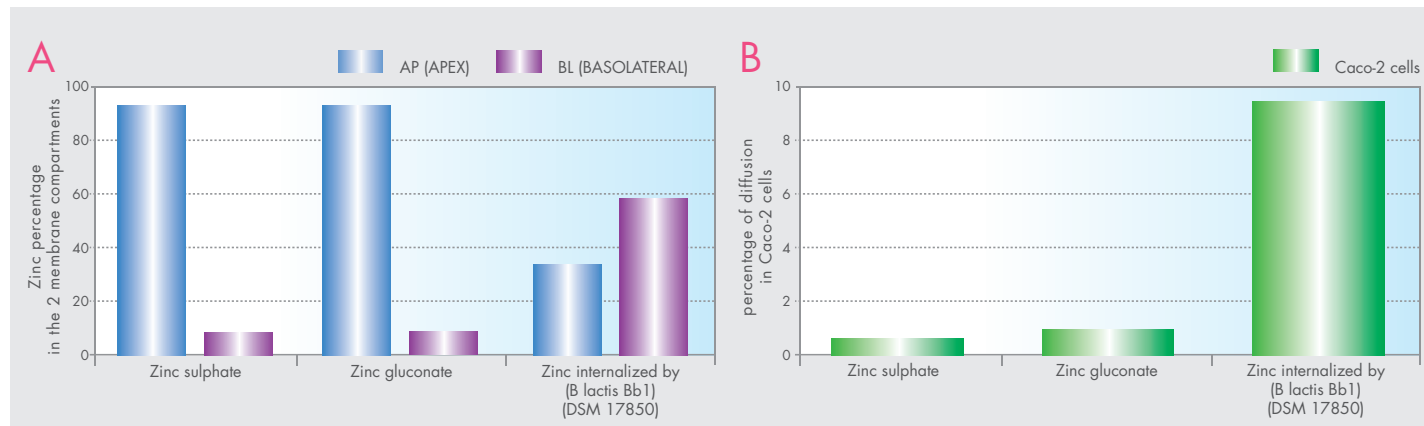
rich in highly bioavailable Zinc

NEW

Tindalized bacterial strain, **naturally rich in zinc**. Once ingested, it releases in the intestine a highly bioavailable form of Zinc. This is due to the unique characteristic of this kind of Zinc to be absorbed by intestinal cells, mainly through the basolateral path (graph A), which allows a better transport and internalization (graph B), compared to **other forms of zinc**.

The integration with Profem plus promotes optimal Zinc intake and absorption, useful for:

- the proper functioning of the immune system
- contributing to the normal metabolism of fatty acids, carbohydrates and macronutrients
- maintaining healthy bones and skin
- protecting cells from oxidative stress



Symbiotic association

7 "GASTROPROTECTED" LACTIC ACID BACTERIA STRAINS¹⁶

Each of the 7 lactic acid bacteria strains (Bifidobacteria and Lactobacilli) are in a "gastroprotected", "microencapsulated" form with a colonization capability that is **5 times higher** than non micro-encapsulated probiotics.

FRUCTO-OLIGOSACCHARIDES (FOS) WITH PREBIOTIC ACTIVITY¹⁷

Derived from sugar beet, they support and **stimulate the development in the intestinal microflora**, especially Bifidobacteria. FOS have a useful role in the **carbohydrate and fat metabolism and improve the intestinal mucosa**.



Plus of Profem plus

Unique action with three "**cores**" for a synergistic action

Three plant sources of selected Isoflavones - **Soy, Pueraria, Red Clover** - with **Vitex** for a more balanced action

Griffonia for relaxation, sleep regulation and mental well-being

Highly **bioavailable Zinc**, supporting the immune system

Enhanced symbiotic action to promote intestinal function

Association of 7 lactic acid bacteria strains and fibre FOS (**fructo-oligosaccharides**)

Sweetened with steviol glycosides (**Stevia**)



Pleasant taste

Naturally lactose-free
GMO-free

Profem plus - suggested combinations

Profem plus + Colostroni

For a healthy intestinal flora in menopause.

Pack: 24 x 1.8 g sachets of orodispersible granules
Net weight 43.2 g

with sweeteners



Profem plus + Vitformula

For vitamin deficiencies in menopause.

Pack: 32 x 2.5 g sachets of orodispersible granules
Net weight 80 g

with sweeteners



Profem plus + Ferroguna

For iron deficiency in menopause.

Pack: 28 x 1.7 g sachets of orodispersible granules
Net weight 47.6 g

with sweeteners



Profem plus + Gunabasic

For acid-base and electrolytic balance in menopause.

Pack: 15 x 7 g sachets
Net weight 105 g

with sweetener



Profem plus + Gunaminoformula

For the protein needs in menopause.

Pack: 24 x 6.5 g sachets - Net weight 156 g (with sweetener)
50 x 1.01 g tablets - Net weight 50.5 g



Nutrition facts

	per 100 g	per sachet	%NRV* per sachet
Energy	1087 kJ 260 kcal	52.2 kJ 12.5 kcal	
Fat of which saturates	0.4 g 0.2 g	0.02 g 0.008 g	
Carbohydrate of which sugars	48.4 g 29.7 g	2.3 g 1.4 g	
Fibre	23.9 g	1.1 g	
Protein	4.1 g	0.2 g	
Salt	0.02 g	0.001 g	
• <i>Bifidobacterium lactis</i> Bb1	1.6 g	75 mg	Naturally rich in Zinc
• <i>Bifidobacterium lactis</i> BS01	> 20 B	> 1.0 B	
• <i>Lactobacillus rhamnosus</i> LRO6	> 5 B	> 0.25 B	
• <i>Lactobacillus paracasei</i> LPC00	> 5 B	> 0.25 B	
• <i>Lactobacillus acidophilus</i> LA02	> 5 B	> 0.25 B	
• <i>Lactobacillus plantarum</i> LPO2	> 5 B	> 0.25 B	
• <i>Lactobacillus salivarius</i> LS03	> 0.4 B	> 0.02 B	
Fructo-oligo-saccharides FOS	21 g	1 g	
Soy dried extract of which isoflavones	7.5 g 0.8 g	360 mg 37.3 mg	
Green tea dried extract	3.1 g	150 mg	
Pueraria dried extract of which isoflavones	2.1 g 0.87 g	100 mg 41.8 mg	
Griffonia dried extract	1 g	50 mg	
Vitex dried extract	0.8 g	40 mg	
Zinc	0.6 g	30 mg	40
Red clover dried extract of which isoflavones	0.1 g 0.01 g	5 mg 0.45 mg	

*NRV: Nutrient Reference Values

Packaging

20 sachets of 4.8 g. Net weight 96 g.

Ingredients

Sweetener: sorbitol; Fructo-oligosaccharides (FOS); fructose;
Soy (*Glycine max* L. Merr.) seeds dry extract - min. 10% isoflavones; baked apple aroma; Green tea (*Camellia sinensis* L. Kuntze) leaves dry extract - min. 50% polyphenols; Pueraria lobata (*Pueraria lobata* Willd. Ohwi) root dry extract - min. 40% isoflavones; bulking agent: maltodextrin; *Bifidobacterium lactis* Bb1 (DSM 17850) tyndallize rich in zinc; acidity regulator: citric acid; Griffonia (*Griffonia simplicifolia* M. Vahl ex DC. Baill) seed dry extract (> 20% L-5-HTP); zinc gluconate; Vitex (*Vitex agnus castus* L.) fruit dry extract (> 0.6% Aucubin, > 0.5% Agnuside); Microencapsulated lactic acid bacteria strains: *Bifidobacterium lactis* BS01 (IMG P-21384), *Lactobacillus acidophilus* LA02 (DSM 21717), *Lactobacillus paracasei* LPC00 (IMG P-21380), *Lactobacillus rhamnosus* LRO6 (DSM 21981), *Lactobacillus plantarum* LPO2 (IMG P-21020), *Lactobacillus salivarius* LS03 (DSM 22776); sweetener: steviol glycosides; anti-caking agent: silicon dioxide; Red Clover (*Trifolium pratense* L.) leaves and flowers dry extract - min. 8% isoflavones.

-with sweeteners-

How to use

Take the contents of one sachet preferably 30 minutes before meals. To help nocturnal sleep, we recommend taking Profem Plus 30 minutes before the evening meal. Dissolve the sachet contents in half a glass of water at room temperature, mix thoroughly and drink immediately.

We recommend taking 1 sachet daily for 3 months.

Warnings

Store the product in a cool and dry place and protect from light and heat sources. The expiry date refers to a product correctly stored in its original and undamaged packaging. Do not exceed the stated recommended daily dose. Excessive consumption may produce laxative effects. Keep out of the reach of young children. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.

The information herein contained concern the ingredients of Profem Plus and should not be interpreted as medical advice, nor can they replace any medical prescription. Food supplements are not intended as means for treating, preventing, diagnosing or mitigating any disease or abnormal condition.

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