

Menochron®

Menochron® is an innovative supplement based on special plant extracts with estrogen-like properties designed for natural support for menopausal symptoms. Menochron®'s chronobiologically formulated morning and evening capsules have been designed to meet the body's needs throughout the day. As a result, Menochron® can be integrated into the daily diet to help maintain healthy hormonal balance.

Basic Facts

Many plants contain small amounts of substances that exert effects similar to those of the hormones produced by the human body. For this reason, these compounds – which belong to the group known as secondary plant substances – are also referred to as «phytohormones».

Isoflavones are the most prominent members of this group. Of the isoflavones, phytoestrogens are the most important, with effects similar to – but weaker than – those displayed by the sex hormones produced by the human body. The phytoestrogens owe their ability to exert such effects to their structural similarity to human sex hormones like estrogen, which allows them to bind to the body's estrogen receptors, thus producing estrogenic or anti-estrogenic effects. Another effect of phytoestrogens is to displace the body's own (endogenous) estrogen from its transport proteins, which can in turn result in higher levels of unbound, and consequently active, endogenous sex hormones. For these reasons, phytoestrogens can be used to help maintain healthy hormone levels.

During menopause, a decrease in endogenous estrogen frequently causes symptoms such as hot flashes and sweating; symptoms which have a negative effect on a woman's general well-being. It has been demonstrated that phytoestrogens can help counteract these undesirable effects.

Since the body's own hormones and the secondary plant substances compete for the binding sites on the receptors in the body, phytohormones have the ability to weaken, as well as strengthen, the effect of the body's own hormones. Whether their presence strengthens or weakens the hormonal effect in each individual case depends both on the binding specificity of the phytoestrogens to the particular receptor and the current concentration of endogenous hormones. Because the effects exerted by the body's own hormones are substantially

stronger than the effects of the plant substances, in the presence of extremely high concentrations of endogenous hormones, the plant substances tend to weaken the overall hormonal effect by displacing the more powerful hormones from the binding sites. In contrast, in the presence of very low concentrations of endogenous hormones, the phytoestrogens can display their full effect.

It is evident, therefore, that these secondary plant substances act to «fine tune» hormonal balance in the body. Not only do these substances affect the hormones, they also have an impact on the body's entire metabolism (i.e. the metabolism of fats, sugars and minerals) and help maintain the healthy growth of a broad range of cells and tissues. Furthermore, they protect against concerns caused by hormone-dependent metabolic changes, such as the more rapid breakdown of bone seen in older people. Plants like soy, red clover and Java tea (*Orthosiphon aristatus*) are especially rich in these secondary plant substances.

Besides isoflavones, Menochron® contains other valuable ingredients such as essential amino acids, saponins and phytosterols. Furthermore, valerian root extract has been added to help the body get the rest and relaxation it needs. Insufficient sleep, a common concern during menopause, is often a direct result of hormonal imbalance, and deprives the body of the restful sleep it so urgently needs.

Effects

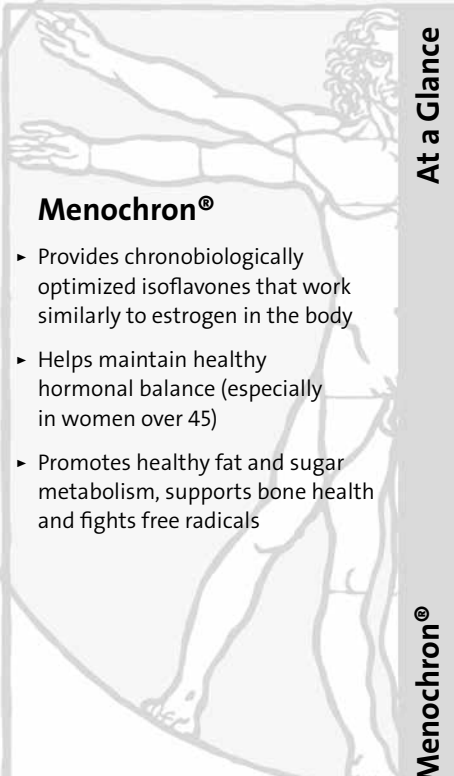
Isoflavones (from soy) : The primary effect of this extract is based on the isoflavones it contains. In particular, genistein, daidzein and glycitein – the three most important isoflavones contained in soy – have been extensively investigated to assess their estrogenic and antioxidative properties. Soy also contains saponins, substances which help maintain a strong immune system.

Together with phytosterols, another important group of secondary plant substances, saponins also bind cholesterol, helping to maintain cholesterol levels already within normal ranges.

Java tea leaf extract (*Orthosiphon aristatus*): Dried leaves of *Orthosiphon aristatus* contain a complex mixture of essential oils, plant acids, isoflavones, saponins and potassium salts. Extracts of these leaves have been observed to possess diuretic, weak spasmolytic and microbicidal effects.

Wild yam root extract contains saponins such as diosgenin and dioscoretin. These





At a Glance

Menochron®

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- ▶ Provides chronobiologically optimized isoflavones that work similarly to estrogen in the body
- ▶ Helps maintain healthy hormonal balance (especially in women over 45)
- ▶ Promotes healthy fat and sugar metabolism, supports bone health and fights free radicals

substances help maintain healthy blood sugar and triglyceride levels and help to maintain cholesterol levels already within normal ranges. Wild yam root has also been shown to have antioxidative and anti-spasmodic properties, as well as to protect against cellular inflammation.

Dong quai root extract is an herb in the celery family and is used in Traditional Chinese Medicine for concerns like painful menstruation, intracyclic menstrual bleeding and menopausal complaints. It is also used to help maintain healthy circulation.

HMR Lignans: Derived from the Latin term for wood (lignum), lignans are a specific class of antioxidants, polyphenols and isoflavones. Structurally, lignans are very similar to sex hormones. The fact that they dock to certain receptors of our cells enables them to help maintain healthy hormonal balance. Apart from promoting healthy cellular growth, lignans can also help maintain a healthy heart.

Red clover flower extract belongs to a group called the papilionaceous plants. In addition to the isoflavones already discussed above, red clover extract contains the constituents formononetin and biochanin A, precursors of genistein and daidzein, which appear to have effects of their own which complement the efficacy of red clover. The mildly estrogenic effect exerted by these isoflavones helps soothe the symptoms of menopause without unwanted side effects. Isoflavones have also been shown to protect bone health.

Valerian root extract: Also known as baldrian, valerian is one of the oldest natural remedies known to man and has been used to treat nervousness and trouble falling asleep since ancient times. Valerian relaxes the body and makes it easier to fall asleep. Taken regularly, it has a calming effect and can help soothe anxiety.

Black Cohosh root extract contains not only isoflavones and many other effective compounds, but also triterpene glycosides. These constituents are especially helpful when it comes to soothing menopausal complaints.

Magnesium: Magnesium is one of the most important minerals for human beings. It is required for normal muscle function, among

other things, and has long been used to alleviate muscle cramps. Furthermore, magnesium is essential for healthy bone structure.

Coral Calcium®: This substance regulates the pH value of the body; the more balanced the body's pH, the better its ability to absorb the active ingredients in Menochron®.

Bioperine®: This extract, derived from black pepper, boosts the bioavailability of the active ingredients in Menochron®.

Uses

Menochron® can help soothe menopausal complaints like hot flashes, sweating and irritability, while promoting restful sleep and healthy mood. It also helps maintain bone health and healthy fat metabolism.

Composition

AM capsule (morning)	
	daily dose
Isoflavones (from soy)	40 mg
HMR Lignans	15 mg
Java tea leaf extract (orthosiphon aristatus)	200 mg
Wild yam root extract	100 mg
Damiana leaf extract	100 mg
Dong quai root extract	100 mg
Coral Calcium®	25 mg
Bioperine®	2.5 mg

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate.

PM capsule (evening)	
	daily dose
Isoflavones (from soy)	30 mg
HMR Lignans	15 mg
Magnesium (Mg)	90 mg
Wild yam root extract	100 mg
Red clover flower extract	10 mg
Valerian root extract	50 mg
Black Cohosh root extract	40 mg
Coral Calcium®	25 mg
Bioperine®	2.5 mg

in pharmaceutical grade. Other ingredients: rice flour, stearic acid, tricalcium phosphate, magnesium stearate, SiO₂.

Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid. In particularly severe menopausal sign you can increase the dosage to 2 capsules AM in the morning and 2 capsules PM in the evening.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking any supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

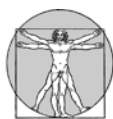
Store in a cool and dry environment, out of reach for children.

Menochron® Product Groups

Menochron® can be found in the following product groups (www.vitabasix.com):

-  **Hormones & Hormone-like Substances**
-  **Chronobiology**
-  **Depression & Moods**
-  **Women's Health**
-  **Immune System, Cell Protection & Antioxidants**
-  **Bones & Joints**
-  **Sexuality & Libido**
-  **Metabolism & Weight**

Manufacturer:



VitaBasix®

by LHP Inc.

www.vitabasix.com | uk@vitabasix.com

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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