

## Dong Quai

Experience relief from menstrual cramps and irregularities during the perimenopausal phase with dong quai. Used in traditional Chinese medicine, it's a powerful root used to ease menopausal discomforts, such as hot flashes, mood swings, and vaginal dryness. Recent research shows benefits with just 1 g (2 capsules) daily.



## Black Cohosh

This time-tested medicinal root can help alleviate various menopausal concerns such as hot flashes, night sweats, mood fluctuations, sleep disturbances, and musculoskeletal discomfort. Studies suggest that black cohosh may interact with serotonin receptors, potentially explaining the mood and sleep benefits observed during menopause.



## Red Clover Isoflavones

Red clover isoflavones are known as phytoestrogens, which are compounds found in plants that have a chemical structure similar to human estrogen. Studies show that they help reduce the frequency and severity of hot flashes in menopause while attenuating lumbar bone mineral loss with adequate calcium and vitamin D intake in postmenopausal women.



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# SHOW MENOPAUSE SYMPTOMS THE DOOR



## Menopeace

Thoughtfully developed to address menopausal symptoms while balancing feminine hormones, Menopeace features renowned herbs, such as red clover isoflavones, which serve as selective estrogen-receptor modulators. These phytoestrogens adapt to your body's estrogen levels, calming them when high and subtly enhancing them when low. Our formula also includes dong quai, a powerful tonic for the female reproductive system, as well as black cohosh, which targets the serotonin centre in the brain, offering relief from mood swings and insomnia.



During the perimenopausal phase, chaste tree berry and wild yam are sought after for their progestogenic effects. Chaste tree berry goes the extra mile by boosting melatonin secretion, elevating your sleep quality.



## Femina Flora and Femina Flora Oral

Elevate your wellness routine with a probiotic duo formulated to cater to women's unique needs.

Femina Flora Oral delivers potent live probiotic cells beneficial for maintaining a healthy gut flora, including strains essential for female urinary and vaginal health. GPS enteric coating protects delicate probiotics from stomach acid, ensuring probiotics reach and colonize the intestinal tract.

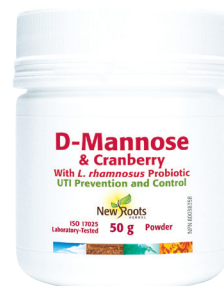


Femina Flora, in its innovative vaginal ovule format, is designed to tackle vaginal bacterial and yeast infections while providing relief from vaginal dryness.

We use clinically studied strains, proven to benefit your health. Refrigeration keeps them potent and strong, to deliver 100% of the promised CFUs. Look for them in the refrigerated section of your favourite health-food store.

## D-Mannose with Cranberry

Cranberry proanthocyanidins and D-mannose (a sugar) are known to inhibit binding of pathogenic bacteria to the mucosal epithelium of the urinary tract. The combination of these ingredients helps to prevent recurrent urinary tract infections (UTIs) in women. The addition of *Lactobacillus* has shown benefit against *E. coli*, which can cause UTIs.



## Maca

If you're experiencing low energy and a decreased libido during menopause, consider incorporating maca into your routine. For over 2,000 years, this root from the Andes has been known for its ability to boost energy levels and enhance fertility, stamina, and overall vitality. Maca is often regarded as a natural aphrodisiac, with the potential to improve sexual desire and function, making it a popular choice for those looking to address low libido and sexual dysfunction.



## Sleep<sup>8</sup>

Getting a good night's sleep can be a challenge when you are going through menopause. Our natural formula contains eight proven ingredients known to reduce the time it takes to fall asleep, improve overall sleep duration, and reset the body's sleep-wake cycle. Chamomile and hops induce relaxation and sedation, while passionflower, skullcap, Panax ginseng, and catnip work together to promote sleep and reduce anxiety. Magnesium relaxes the muscles, while melatonin aids in the synchronization of the circadian rhythm.

