



# MenoVive

Introduced 2016



## What Is It?

MenoVive offers a unique combination of lignans, flavonoids and adaptogenic herbal extracts to promote menopausal comfort, emotional well-being, sexual function, cognitive function, and cardiovascular health for women throughout menopause.\*

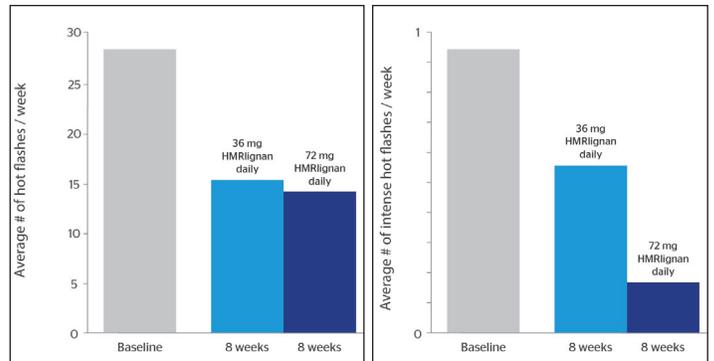
## Uses for MenoVive

**Menopausal Comfort:** HMRLignan™ contains the lignan 7-hydroxymatairesinol, a precursor to enterolactone, which has been associated with a healthy estrogen-to-progesterone ratio. As a result, lignans have demonstrated supportive roles in moderating hot flashes and menopausal comfort. Lifenol® hops extract contains 8-prenylnaringenin (8-PN), supportive for menopausal comfort, antioxidant defenses and bone health. Two randomized, double-blind, placebo-controlled studies indicated that Lifenol hops extracts provided support for general menopausal discomfort, night sweats and hot flashes. Questionnaire results scored at six to eight weeks after supplementation suggest that hot flashes were reduced by three to four times compared to placebo. In a randomized controlled trial, resveratrol supplementation decreased menopausal symptoms from moderate/severe to mild in 78.6% of patients.\*

**Emotional Well-being:** Ashwagandha, rhodiola and maca extracts are powerful adaptogens offering support for positive mood and relaxation. Two randomized controlled trials indicate that ashwagandha offers support for occasional stress and promotes healthy sleep, cognitive function and relaxation. In addition to promoting emotional well-being, maca also offers support for sexual function.\*

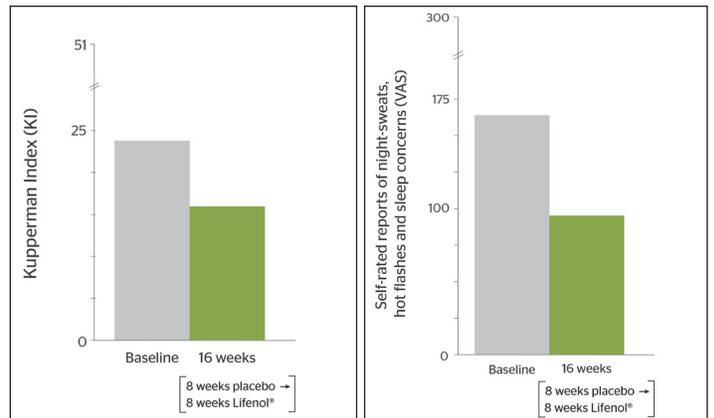
**Cellular Health:** Lignans have demonstrated supportive roles for breast, uterine, cervical, bone and cognitive health. Importantly, dietary intake of lignans and healthy serum enterolactone levels are also positively associated with healthy cardiovascular function. Recent research suggests that rhodiola may act as a selective estrogen receptor modulator to support cognitive, cardiovascular and bone health related to menopause. Grape seed extract and resveratrol support menopausal comfort, as well as bone, cognitive and cardiovascular health. Numerous studies suggest grape seed polyphenols promote healthy blood vessel relaxation and antioxidant defenses to promote cardiovascular health.\*

## HMRLignan™ moderates both number and intensity of hot flashes\*



In an eight-week trial, menopausal women taking 36 mg or 72 mg of HMRLignan™ daily had a significant reduction in the number of hot flashes after four and eight weeks. Women in the low-dose group experienced a 44% reduction in average number of hot flashes (p=0.029) and 34% reduction in hot flash intensity by week 8 (p=0.035), while women in the high-dose group experienced a 50% reduction in average number of hot flashes (p=0.025), and 80% reduction in hot flash intensity by week 8 (p<0.001).\*

## Lifenol® hops moderates menopausal symptoms\*



In a 16-week, randomized, double-blind, placebo-controlled crossover study, menopausal women randomized to the arm with eight weeks placebo followed by eight weeks with 75 mg of Lifenol® hops extract daily showed significant reductions in normal menopausal symptoms as assessed by the Kupperman index (KI) and a Visual Analogue Scale (VAS), where the women self-rated their level of hot flashes, night sweats and sleep concerns. The KI score decreased from 23.3 to 15.9 (p=0.02) and VAS score decreased from 163.4 to 95.2 (p=0.03) over the study period.\*

(continued)

## What Is The Source?

HMRlignan™ 7-hydroxymatairesinol is derived from Norway spruce knot wood. Lifenol® hops extract is derived from the female cone of *Humulus lupulus L.* and standardized to contain 0.15% 8-prenylnaringenin. Ashwagandha extract is derived from *Withania somnifera* root and standardized to contain 2.5% withanolides. Maca extract is derived from *Lepidium meyenii* tuber. Rhodiola extract is derived from *Rhodiola rosea* root and standardized to contain 3% total rosavins and 1% salidroside. Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols. resVida® resveratrol is synthetic.

## Recommendations

Pure Encapsulations® recommends 1 capsule, twice daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. It is recommended to use resveratrol cautiously in patients with hormonal disorders and those using estrogen therapy, as resveratrol may act as either an estrogen agonist or estrogen antagonist. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Hops and ashwagandha may be contraindicated with CNS depressants. Resveratrol and grape seed extract may react with blood thinning medications. Consult your physician for more information.

## MenoVive

each vegetarian capsule contains	 v 00
HMRlignan™ (containing 7-hydroxymatairesinol).....	36 mg (from Norway spruce knot wood)
Lifenol® hop (Humulus lupulus L.) extract (female cone).....	42.5 mg (standardized to contain 0.15% 8-prenylnaringenin)
ashwagandha (Withania somnifera) extract (root) .....	125 mg (standardized to contain 2.5% withanolides)
maca (Lepidium meyenii) extract (tuber) .....	250 mg
rhodiola (Rhodiola rosea) extract (root) .....	50 mg (standardized to contain 3% total rosavins and 1% salidroside)
grape (Vitis vinifera) extract (seed).....	50 mg (standardized to contain 92% polyphenols)
resVida® resveratrol (as trans-resveratrol).....	12.5 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	
<b>1 capsule, twice daily, with meals.</b>	

HMRlignan™ is a trademark of Linnea Inc.

LIFENOL® is a trademark of Naturex.

 resVida® is a trademark of DSM.