

MenoVive

Broad-range support for menopausal health and comfort[‡]

INDICATIONS

- Ages 18 and up
- Menopausal health and comfort[‡]

BENEFITS

- Supports the body's resilience when faced with occasional stress[‡]
- Supports menopausal comfort[‡]
- Promotes breast, uterine, cervical and cognitive health[‡]
- Supports relaxation during times of occasional stress[‡]
- Supports healthy estrogen-to-progesterone ratio[‡]

FEATURES

- Contains standardized botanicals
- Formulated with Felice Gersh, M.D.⁺
- Part of the PureWoman™ product line
- Made with vegan ingredients

VERIFIABLE SCIENCE

HMRlignan™ contains the lignan 7-hydroxymatairesinol, a precursor to enterolactone, which has been associated with a healthy estrogen-to-progesterone ratio and cellular health.¹ As a result, lignans have demonstrated supportive roles in moderating hot flashes as well as promoting 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. Lifenol® hops extract contains 8-prenylaringenin (8-PN), offering support for menopausal comfort, antioxidant defense 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.^{2,3} Questionnaire results scored at six to eight weeks after supplementation suggest that hot flashes were reduced by three to four times compared to placebo. Ashwagandha, Rhodiola rosea and maca extracts are adaptogens offering support for relaxation during times of occasional stress. Two randomized controlled trials indicated that ashwagandha offers support for occasional stress, maintaining healthy sleep, cognitive function and relaxation.^{4,5} Maca offers support for sexual function.^{6,7} While Rhodiola has long been known to support endurance, it may also support menopausal comfort by acting as a selective estrogen receptor modulator.^{8,9} In a preliminary, randomized controlled pilot trial, resveratrol supplementation decreased

menopausal symptom intensity in 78.6% of patients.¹⁰ Multiple studies suggest that grape seed polyphenols promote healthy blood vessel relaxation and antioxidant defenses to support cardiovascular health.^{11‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule, twice daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

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-prenylaringenin
- Ashwagandha extract is derived from *Withania somnifera* root
- 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

NOTES

Size 00 capsule

Bottle count 60

Order code MOV6

Bottle size 190 cc

REFERENCES

1. Udani JK, et al. *J Am Coll Nutr.* 2013 Dec; 32(6): 428–435.
2. Erkkola R, et al. *Phytomedicine.* 2010 May;17(6):389–96.
3. Heyerick A, et al. *Maturitas.* 2006 May 20;54(2):164–75.

[‡]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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MenoVive

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4. Auddy B, et al. *JANA*. 2008 11(1): 50-6.
5. Chandrasekhar K, et al. *Indian J Psychol Med*. 2012 Jul-Sep; 34(3): 255–262.
6. Gonzales GF, et al. *Andrologia*. 2002 Dec;34(6):367-72.
7. Brooks NA, et al. *Menopause*. 2008 Nov-Dec;15(6):1157-62.
8. De Bock K, et al. *Int J Sport Nutr Exerc Metab*. 2004 Jun;14(3):298-307.
9. Gerbarg PL, Brown RP. *Phytomedicine*. 2015 Dec 12. pii: S0944-7113(15)00368-2.
10. Leo L, et al. *Minerva Ginecol*. 2015 Oct;67(5):475-83.
11. Terauchi M, et al. *Menopause*. 2014 Sep;21(9):990-6.

SUPPLEMENT FACTS

1 capsule, twice daily, with meals.

Each (size 00) vegetarian capsule contains:

HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	36 mg
Lifenol® hops (<i>Humulus lupulus</i>) extract (female cone) (standardized to contain 0.15% 8-prenylnaringenin)	42.5 mg
KSM-66 Ashwagandha® (<i>Withania somnifera</i>) extract (root)	125 mg
Maca (<i>Lepidium meyenii</i>) extract (tuber)	250 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidoside)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
resVida® resveratrol (as trans-resveratrol)	12.5 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant or lactating women.

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

HMRlignan™ is a trademark of Linnea Inc.

Lifenol® is a trademark of Naturex.

resVida® is a trademark of DSM.

+Dr. Gersh is a retained advisor to Pure Encapsulations.



MenoVive	Quantity	Order Code
	60	MOV6

[†]Visit PureEncapsulations.com for more information about our GMO policy.

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