

VALENS®

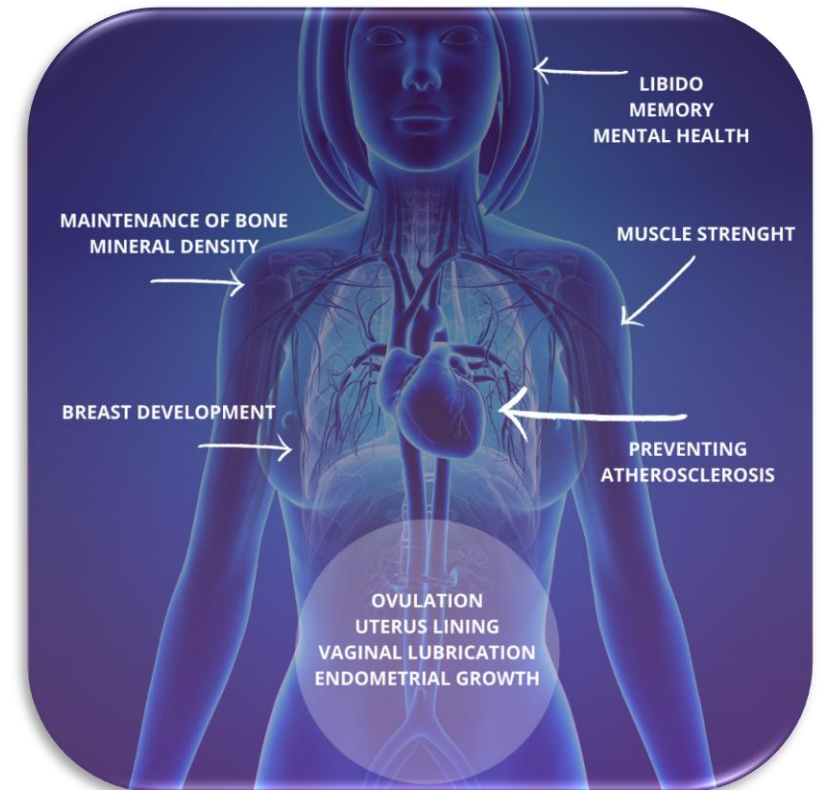


VALENS MENOASSIST NATURAL

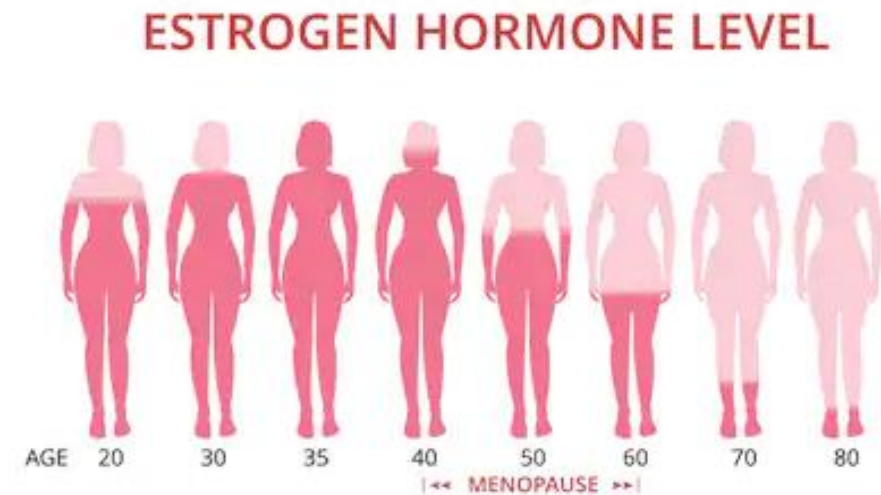
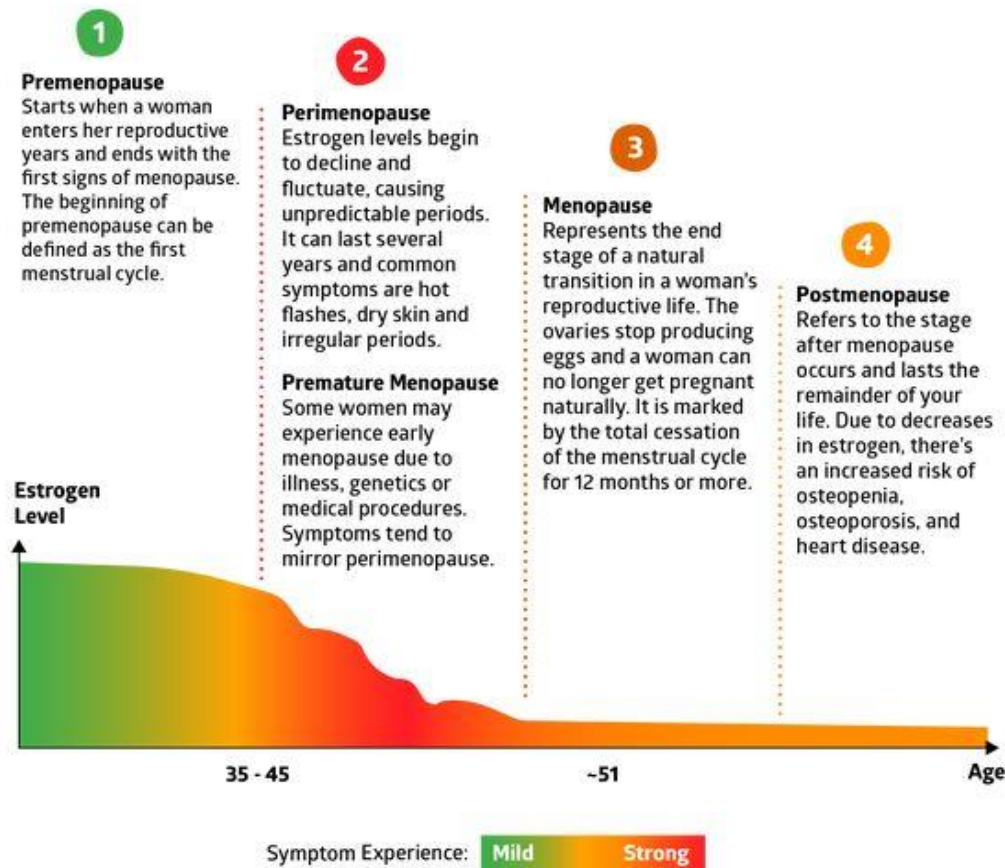
Natural nutritional supplement for the
reduction of menopause symptoms

ABOUT MENOPAUSE

- Menopause marks the end of woman's menstrual cycle and reproductive years.
- It is diagnosed 12 months after the last period.
- It occurs when ovaries stop producing hormone **estrogen**, which plays various roles in the female body, but is especially important for reproductive health.
- With a decrease in estrogen level, risk of other health issues increases, especially related to **bone and heart health!**



STAGES OF MENOPAUSE



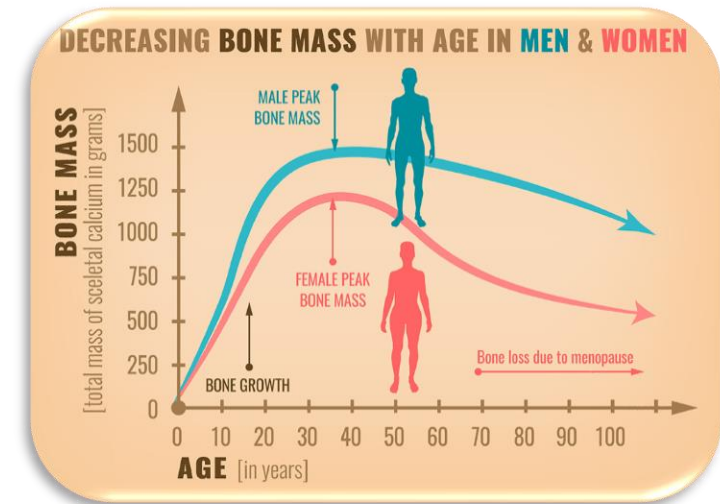
PERIMENOPAUSE

- The era (years) leading up to the menopause.
- It refers to the time during which a woman's body makes the natural transition to menopause.
- Also known as the **menopausal transition**.
- Lasts from several months to several years.
- **Symptoms normally occur during perimenopause**



SYMPTOMS

- Hot flashes
- Night sweats
- Insomnia
- Tiredness, fatigue
- Vaginal dryness
- Weight gain
- Increased urination
- Headaches
- Reduced bone mass
- Hair thinning or loss
- Irritability
- Mood swings
- Depression
- Anxiety
- Difficulty concentrating
- Memory problems
- Reduced libido
- Less than 20 % of all women experience no menopause symptoms.



PHYTOESTROGENS

- Hormone replacement therapy was once routinely used to treat menopause symptoms. Due to its rather unfavorable risk-benefit profile, safer and more natural alternatives are sought after.
- **Phytoestrogens** are naturally occurring plant compounds, structurally and functionally similar to estrogen. They have the ability to interact with estrogenic receptors and to exhibit their effect as well.
- Types: **isoflavones, lignans, coumestans and flavonoids.**
- We are mostly exposed to them by diet, but they are also marketed as food supplements.

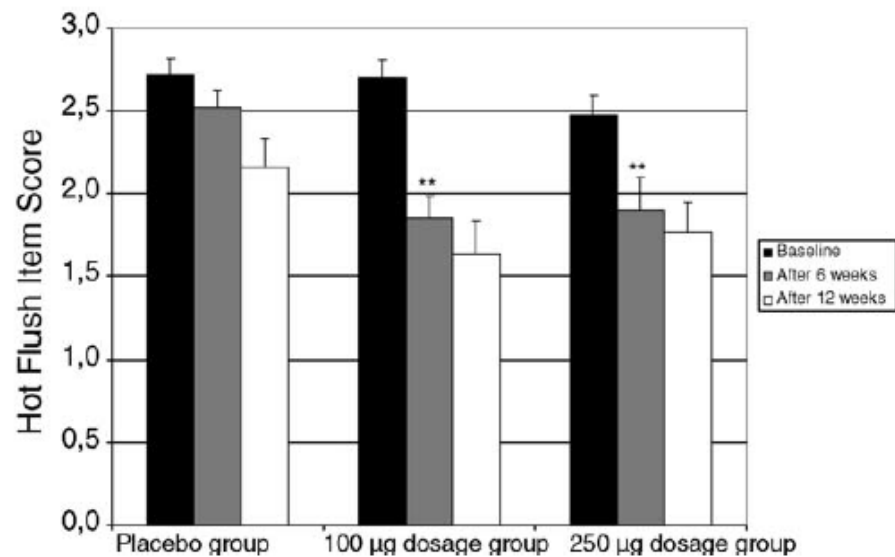
PHYTOESTROGENS

- Several researches and clinical studies have linked them to positive health effects.
- Its effects are comparable, although less intense, to those of endogenous estrogen.
- Phytoestrogen intake is associated with:
 - decreased cholesterol levels,
 - lower risk of osteoporosis
 - lower risk of certain types of cancer, including breast cancer
 - **improved menopausal symptoms**
- **Flavonoid 8-PN (8-prenylnaringenin) from hop has been identified as the most potent phytoestrogen.**

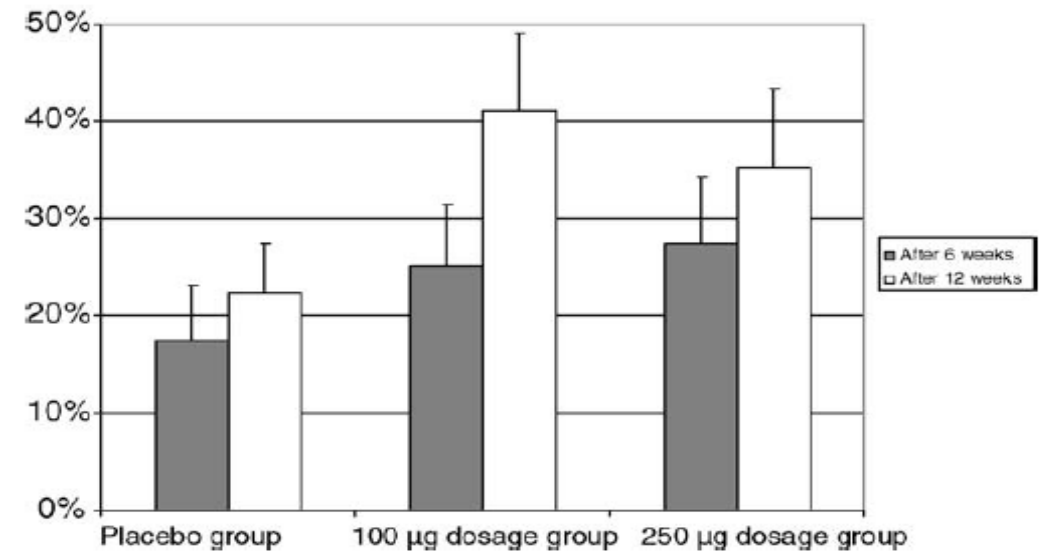
PHYTOESTROGEN 8-PN

- Hop (*Humulus lupulus* L.) is a source of many biologically active compounds. It is known for its estrogenic effect.
- It is also a source of phytoestrogen 8-PN that has been identified as the **most potent phytoestrogen**.
- 8-PN has 100-fold more potent estrogenic activity than soy isoflavones (most common and well known form of phytoestrogens).
- It is directly absorbed and has a better bioavailability.
- Clinically proven to alleviate **several symptoms of menopause**.

CLINICAL STUDIES



- Randomized, double-blind, placebo-controlled study with 67 menopausal women (45-60 years) showed **reduced incidence of hot flashes** after 6 or 12 weeks of consuming hop extract standardized to 8-PN



- General improvement in menopause symptoms.

VALENS MENOASSIST NATURAL

- Dietary (food) supplement in the form of capsules
- Natural approach to menopause symptoms and a safer alternative to hormone therapy
- Helps relieve psychological and physiological symptoms of menopause, especially hot flashes
- Quality raw materials with clinically proven efficacy
- 100 % natural and preservative free
- Suitable for vegans
- Made in Slovenia, EU
- Quality certificates: GMP standard for food supplements



**Packaging: glass or PET bottle,
150 ml**

ACTIVE INGREDIENTS

In recommended daily dose (1 capsule)

- Hops extract: 350 mg - of which:
 - **8-prenylnaringenin: 100 µg**
- Lemon balm extract: 50 mg
- Buckwheat sprouts flour: 200 mg - of which:
 - thiamin: 0.32 mg (29% NRV*), riboflavin: 0.46 mg (33% NRV*), niacin: 5.7 mg (36% NRV*), pantothenic acid: 2.2 mg (37% NRV*), vitamin B6: 0.30 mg (21% NRV*), vitamin B12: 0.72 µg (29% NRV*), folic acid: 69 µg (35% NRV*), biotin: 20 µg (40% NRV*) *NRV – *Nutrient Reference Value*

LUPRENOL®

- Hop extract (*Humulus lupulus* L.), standardized on **8-prenylnaringenin (8-PN)**.
- 100% natural
- Clinically proven to significantly reduce menopause-associated discomforts after 6 weeks:
 - **hot flushes**
 - **insomnia**
 - **irritability**
- Has no significant adverse affects.
- Clinical trials showed good tolerability.
- Suitable for long-term use due to good safety profile.

CULTAVIT®

- Buckwheat sprouts flour.
- Natural source of the full spectrum of B vitamins:
 - Vitamin B6 plays a role in **regulation of hormonal activity**.
 - Niacin, riboflavin, pantothenic acid, folic acid and vitamin B12 help reduce **tiredness and fatigue**.
 - Thiamin, riboflavin, niacin, biotin, vitamin B6 and vitamin B12 contribute to normal energy-yielding metabolism and normal functioning of **the nervous system**.
 - Biotin contributes to maintaining **healthy hair and skin**, which is especially important for women during menopause.

LEMON BALM EXTRACT

- Clinical studies confirm that lemon balm extract (*Melissa officinalis*) contributes to establishing good, quality sleep during menopause.
- It has a soothing effect and helps with several other symptoms of menopause, especially stress related.
- Improves mental (cognitive) abilities.



VALENS[®]



FOR IMPROVED QUALITY OF LIFE

Thank you for your
attention!