

ESTROGEN SYMPTOMS* ARE SYSTEMS OUT OF ALIGNMENT



Menopause happens to all women, but affects each woman uniquely. For some, the end of fertility (and the end of concerns about contraception) brings a sense of freedom. For others, it is a time of troublesome symptoms or perhaps the need for certain lifestyle adjustments. Menopause is a bridge to a point in life when many women report feeling more confident, empowered and energized than in their younger years.

MENOPAUSE MULTIPLE is a Bio-Aligned Formula™ that helps bring alignment to a range of interrelated body systems: hormonal regulation, bone metabolism, cardiovascular health, energy generation and circulation.



*The term symptom as used above refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure, or prevention of any disease.



SOURCE NATURALS®

Strategies for WellnessSM

After menopause, the ovaries no longer secrete two critical steroid hormones in the amount or pattern characteristic of a regular menstrual cycle. These two hormones are estrogen and progesterone. The transition from regular ovarian function to its absence is often called the perimenopause or perimenopausal transition. The time involved can range from one to 10 years. More than one third of the women in the United States, about 36 million, have been through menopause. With a life expectancy of 81 years, a 50-year-old woman can expect to live more than one third of her life after menopause.

Low estrogen levels are linked to some uncomfortable symptoms in many women. The most common and easy to recognize symptom is hot flashes -- sudden intense waves of heat and sweating. Some women find that these hot flashes disrupt their sleep, and others report mood changes. Other symptoms may include irregular periods, vaginal or urinary tract infections, urinary incontinence (leakage of urine or inability to control urine flow), and inflammation of the vagina. Because of the changes in the urinary tract and vagina, some women may have discomfort or pain during sexual intercourse. Many women also notice changes in their skin, digestive tract, and hair during menopause.

Because the menopausal years place unique nutritional demands on a woman's body, Source Naturals created MENOPAUSE MULTIPLE.

This comprehensive formula brings together optimal amounts of the finest phytonutrients and herbs--including genistein, black cohosh, and chaste berry--plus vitamins and minerals known to support the biochemistry of mature women.

Bio-Aligned Formula™

MENOPAUSE MULTIPLE is a comprehensive herbal-nutrient formula that supports the multiple, interconnected systems involved with female hormone function.

Hormonal Regulation

Hot flashes are related to hormone levels. As estrogen declines, FSH and LH (follicle-stimulating and luteinizing hormones) increase, causing blood capillaries to dilate. This brings more blood and higher temperatures to the skin. Soy isoflavones and other herbs can mimic the effects of estrogen. Support for the adrenal glands is important since they account for most estrogen production after menopause.



Musculoskeletal System

During and after menopause, a woman's hormonal balance and biochemistry change. Lower estrogen levels may affect bone density. Phytonutrients and calcium are important to maintain healthy bones in postmenopausal women. Calcium and magnesium work together in the metabolism of bone.

Heart & Circulation

Menopause increases concern for the health of the heart and circulatory system. Soy isoflavones and other ingredients may help maintain healthy cholesterol levels. To regulate homocysteine levels for cardiovascular health, vitamins B-6, B-12, and folic acid are critical.

Liver Support

Among its many functions, the liver has the important job of promoting hormonal balance by processing excess levels of hormones. The powerful antioxidant, *N*-acetyl cysteine, helps the liver detoxify chemicals and milk thistle is a liver protectant.

Energy Generation

The fatigue that is common during menopause makes nutritional support for energy and metabolism especially important. Metabolism can influence weight, energy levels, and mood. MENOPAUSE MULTIPLE contains ingredients that support energy generation, including the advanced nutrients CoQ10 and lipoic acid and ginkgo biloba.

Antioxidants: Anti-Aging

Antioxidants help protect the circulatory system, which is important as estrogen declines. Antioxidants also defend tissues and cell membranes in all your body systems from free radicals, which are formed during normal cellular metabolism. Some important antioxidants: vitamin E, vitamin C, selenium, zinc, and manganese all have strong antioxidant powers.

Lifestyle Tips for a Healthy Transition

Get Moving. Exercise is a powerful remedy for many menopause complaints and may help prevent future menopause-related diseases. It promotes better, more restorative sleep, and it stimulates production of endorphins, or “feel good” brain chemistry. Some women report having fewer hot flashes when they exercise regularly.

Eat Well. A balanced diet low in saturated fat and high in whole grains, fruits and vegetables, with adequate water, vitamins and minerals contributes to good health. Women at perimenopause and beyond have special dietary concerns, because both heart disease and osteoporosis are greatly affected by diet.

“A ... woman can expect to live more than one third of her life after menopause.”

A balanced diet is also important for bone development and maintaining bone strength. Some women – especially those who are elderly and have reduced appetites, who diet frequently, who don't consume dairy products, or who have eating disorders – may not consume adequate vitamins and minerals to maintain optimal bone mass.

There is evidence that the natural, estrogen-like compounds in soybeans and many other plant foods used in MENOPAUSE MULTIPLE may reduce hot flashes and vaginal dryness and increase bone density in women after menopause. Studies suggest that body cells respond to plant estrogens as if they were weaker versions of the human hormone. So consuming more of these estrogen-mimicking compounds may help compensate for the loss of estrogen naturally as women age.

Prevent Bone Loss. Osteoporosis is one of the most preventable of bone diseases. Exercise maintains the strength of bones through aerobics, stair climbing, hiking, or walking. Prevention focuses on nutrition for bones, including a sufficient calcium intake of 1000 to 1500 mg/day.



MENOPAUSE MULTIPLE™ is a Bio-Aligned Formula™

Multi-System Support for Menopause

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| Musculoskeletal System | Black Cohosh, Dong Quai, Licorice, Soy Isoflavones, Boron, Calcium, Magnesium, Manganese, Vitamins A, B-6, B-12, C, D & E, Folic Acid |
| Heart and Circulation | Black Cohosh, Coenzyme Q10, Dong Quai, Licorice, Soy Isoflavones, Magnesium, Vitamins B-6, B-12, & E, Folic Acid |
| Hormonal Regulation | Black Cohosh, Dong Quai, Licorice, Soy Isoflavones, Vitex, Vitamins B-5 & C |
| Liver Support | Coenzyme Q10, N-Acetyl Cysteine, Dandelion, alpha-Lipoic Acid, Silymarin, Selenium, Vitamin C, Biotin |
| Antioxidant Defense | Coenzyme Q10, N-Acetyl Cysteine, alpha-Lipoic Acid, Silymarin, Selenium, Zinc, Vitamins A, C & E |
| Energy Generation | alpha-Lipoic Acid, Coenzyme Q10, Magnesium, Manganese, Zinc, Vitamins B-1, B-2, B-5, & B-6, Niacinamide |

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To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.



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