

Hormone therapy (HT) is the most effective treatment for menopausal symptoms¹

But, especially with longer-term treatment,

HT has been proven to carry a small but significant increase in risk to health²

Increase in health risks with HT compared to non-users

- **Breast cancer**
 - ✓ Increase in risk becomes significant after 5 years HT use²
 - ✓ All preparations of HT are associated with an increased risk³

Increase in risk of breast cancer associated with current use of HT formulations (Results from the Million Women Study ³)	
Oestrogen only	30%
Oestrogen-progestogen	100%
Tibolone	45%
Other/unknown types	44%

- **Cardiovascular events²:** 29%
(results from HERS and WHI; CEE 0.625 mg/MPA 2.5 mg)
- **Stroke²:** 41%
(results from HERS and WHI; CEE 0.625 mg/MPA 2.5 mg)
- **Thromboembolic disease²:** 100%

HT OR NOT?

Some women may prefer to try a natural alternative for symptoms of menopause

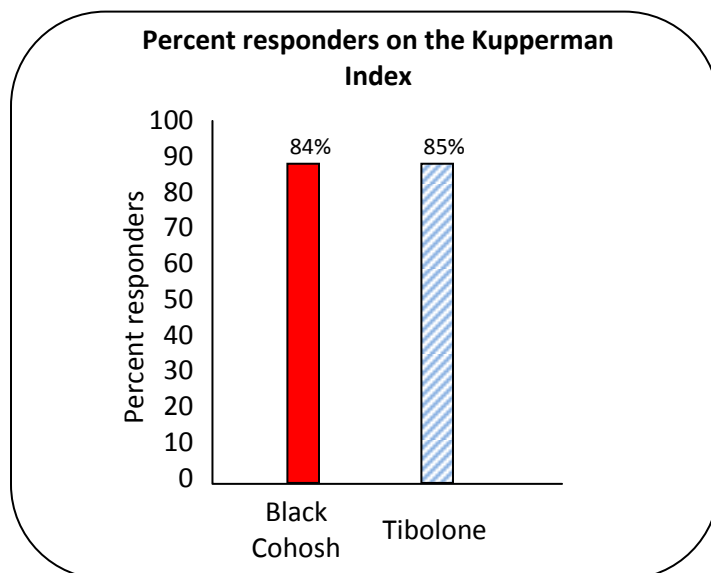
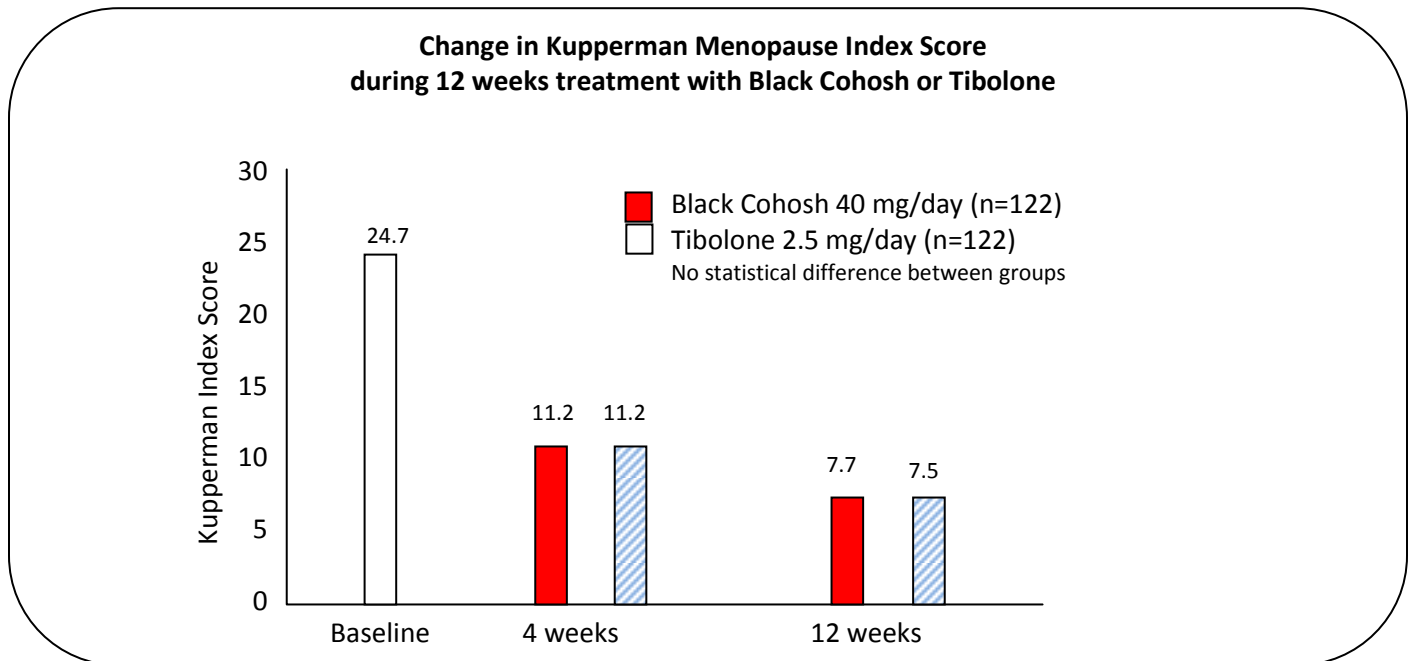
CEE: Conjugated equine estrogen; MPA: medroxyprogesterone
HERS: Heart and Estrogen/Progestin Replacement Study; WHI: Women's Health Initiative Study

Consider starting with Natrodale MenoSmart

A natural alternative for women with menopausal symptoms

Black Cohosh

- Clinically proven to significantly relieve symptoms of menopause^{4,5}



Kupperman Menopausal Index
measures 11 symptoms of menopause:

- Hot flushes
- Parasthesia
- Insomnia
- Nervousness
- Melancholia
- Vertigo
- Weakness
- Arthralgia / myalgia
- Headache
- Palpitations
- Formication

Change in symptom scores and responder rates in women with menopausal symptoms ≥ 15 on the Kupperman Index at baseline and treated with Black Cohosh or Tibolone for 12 weeks. Adapted from Bai⁴.

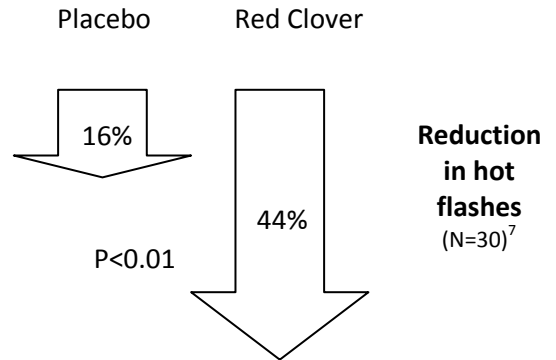
Compared to Tibolone, Black Cohosh was significantly better tolerated⁴

- No vaginal bleeding (vs. 17 cases in the tibolone group)
- Less breast tenderness

**Natrodale. You know it.
You trust it.**

Red Clover

- Rich source of the phytoestrogen compounds, isoflavones⁶
- Significantly reduces hot flashes⁷
- Significantly reduces menopause symptom scores⁷



Omega-6 fatty acid: Gamma linolenic acid

- ✓ An essential fatty acid, poorly present in most diets⁸
- ✓ Recommended for relief of breast tenderness and menopausal symptoms⁸

Vitamin B6

- ✓ Essential for healthy immune function, nervous system and nucleic acid synthesis⁹
- ✓ May help to elevate mood⁹

Nutritional Information		%RDA	
Each capsule contains:		per capsule	
Red Clover Extract providing Isoflavones	40 mg	*	
Black Cohosh Root Extract providing Triterpenoids	80 mg	*	
Evening Primrose Oil (Omega 6) typically providing GLA (Gamma-Linolenic Acid)	min. 2 mg	*	
	250 mg	*	
Vitamin B6	23 mg	*	
	25 mg		1250
Vitamin E 3,4 mg α-TE	5 IU		34

*RDA not established (RDA = Recommended Dietary Allowance for adults and children older than 10 years)



Natrodale. Restore your balance, naturally

Nutritional supplements should not replace a healthy balanced diet.

Contact the Natrodale Helpline: 021-9060668; Email: natrodale@vhf.co.za ; www.natrodale.co.za

1. Sturdee DW, MacLennan AH (Eds). Hormone replacement therapy in the post-Women's Health Initiative era. A report of a meeting held in Funchal, Madeira, February 24-25, 2003. *Climacteric* 2003; **6** Suppl 1.
2. Rymer J, Ilson R, Ballard K. Making decisions about hormone replacement therapy. *BMJ* 2003; **326**: 322-326.
3. Million Women Study Collaborators. Breast cancer and hormone replacement therapy in the Million Women Study. *Lancet* 2003; **362**: 419-427.
4. Black Cohosh. Detailed monograph. Naturalstandard.com
5. Bai W, Henneicke-von Zepelin HH, Wang S, *et al.* Efficacy and tolerability of a medicinal product containing an isopropanolic black cohosh extract in Chinese women with menopausal symptoms: a randomized, double blind, parallel-controlled study versus tibolone. *Maturitas* 9-20-2007; **58**(1):31-41.
6. Red Clover. Detailed monograph. Naturalstandard.com
7. Van de Weijer PHM, Barentsen R. Isoflavones from red clover (Promensil®) significantly reduce hot flush symptoms compared with placebo. *Maturitas* 2002; **42**(3): 187-193.
8. Gamma linolenic acid. Detailed monograph. Naturalstandard.com
9. Higdon J, Drake VJ, McCormick DB. Vitamin B6. Linus Pauling Institute, Oregon Sate University, 2007. Available at <http://lpi.oregonstate.edu/infocenter/vitamins/vitaminB6/>