



*pro*FEM™

For the mental and physical wellbeing of menopausal women





*pro*FEM™ MENOPAUSE

Menopause is characterized by a physiological change of woman's hormonal balance. However, this phase could entail several disorders¹:

HOT FLUSHES:

In 80% of women, they arise in the period before and after menopause and are characterized by face and chest flushes with a prevalence in the evening hours.

NEURO-PSYCHICAL SYMPTOMS:

Mood alterations, insomnia, irritability, memory disorders.

ALTERATIONS AND AGING OF THE SKIN AND SKIN APPENDAGES:

Loss of skin turgor, elasticity, hydration and brightness. Skin becomes thinner and more sensitive to harmful external agents. Hair is less shiny and strong.

ALTERED CALCIUM METABOLISM:

Alteration of the balance between osteoblast and osteoclast activity.

URO-GENITAL DISORDERS:

Vaginal dryness, higher sensitivity to bacterial and fungal infections, vulvar itching and dyspareunia.

GASTRO-INTESTINAL DISORDERS:

Changes in gut flora, slowed intestinal transit with swelling, bloating, digestive disorders, malabsorption.

CHANGES IN FAT AND CARBOHYDRATE METABOLISM:

Weight gain and water retention.



proFEM™

**NATURAL, INNOVATIVE AND UNIQUE SUPPORT
FORMULATED FOR A BROAD SPECTRUM OF ACTION**

6 "GASTRO-PROTECTED MICROENCAPSULATED" PROBIOTIC STRAINS



Innovative association of:

**Selected isoflavones for a
total of 76 mg per sachet**

Melatonin

Green tea

Tested Sc-FOS

The **"enhanced probiotics"** and the plant ingredients of Profem™ make it a complete help for:

- **Reducing menopausal symptoms:**
hot flushes, night sweats, insomnia, mood alteration, irritability, nervousness
- **Improving skin elasticity and mucosal hydration**
(against vaginal dryness and dyspareunia)
- **Maintaining intestinal flora balance and functional efficiency**
- **Counteracting the onset of genito-urinary infections**
- **Maintaining physiological blood pressure**
- **Preventing the increase of osteoporosis risks**
- **Controlling weight gain and water retention**

**The microencapsulation
of the probiotic strains improves the
intestinal colonization fivefold**





proFEM™

THREE NUCLEI FOR A SYNERGIC AND NATURAL ACTION



UNIQUE SYNBIOTICS (PRE AND PROBIOTIC)²



INNOVATIVE COMBINATION OF 6 "GASTROPROTECTED" PROBIOTIC STRAINS

Each one of the 6 probiotic strains, Bifidobacteria and Lactobacilli, are in a "gastroprotected microencapsulated" form. 100% of the alive and viable probiotics reach the different tracts of the intestine, with an improved capacity of colonization 5 times* higher than non-microencapsulated probiotics. This is possible thanks to a

HIGH AVAILABILITY OF ISOFLAVONES

A balanced intestinal microflora is essential for a good absorption and for the biological function of isoflavones, as Daidzein and Genistein (Formononetin is demethylated to Daidzein) are converted to the active metabolite Equol through the glucosidase of Lactobacilli.

* Del Piano M. *et Al.* – Evaluation of the intestinal colonization by microencapsulated probiotic bacteria in comparison with the same uncoated strains. – J. Clin. Gastroenterol. 2010 Sept; 44 Suppl 1:S42-6.
Double-blind study.



SHORT-CHAIN FRUCTOOLIGOSACCHARIDES (scFOS)² WITH SPECIFIC PROBIOTIC ACTIVITY

Derived from sugar beet, scFOS can **selectively support and stimulate the beneficial probiotics development in the intestinal microflora**: *Lactobacilli* and *Bifidobacteria*.

ScFOS have a **positive** role in the **carbohydrate and fat metabolism**, **improve** the intestinal mucosa function and **help the absorption** of **calcium** and **magnesium**.

SPECIFIC NUTRITIONAL ELEMENTS



MELATONIN³

Its supplementation naturally enhances the **resynchronization** of the circadian rhythm (essential for hormone pulsatility) and helps maintain the balance of the autonomic nervous system in women. **Several studies show that a daily intake of 1 mg of melatonin helps reduce the time to fall asleep.**



GREEN TEA⁴ (*Camellia sinensis*) extract standardized to 50% Polyphenols

Green tea extract is rich in **polyphenols**, anti-oxidants which help reduce aging processes, **control the body weight** and **keep the skin moisturized**.

NEW



proFEM™

THREE NUCLEI FOR A SYNERGIC AND NATURAL ACTION

✓ **3 SELECTED PLANTS WITH A HIGH CONCENTRATION OF SPECIFIC ISOFLAVONES**⁵⁻¹³

COMPLETE, UNIQUE AND INNOVATIVE ASSOCIATION OF DIFFERENT STANDARDIZED ISOFLAVONES: GENISTEIN, DAIDZEIN, COUMESTANS, FORMONONETIN, PUERARIN.



SOY (*Glycine max*) extract standardized to 10% Isoflavones

Several epidemiological studies have shown that **soy intake helps reduce hot flushes up to 60%**, owing to its high content in **genistein** and **daidzein**, isoflavones characterized by a high affinity for estrogen receptor beta.



PUERARIA LOBATA (or Kudzu) extract standardized to 40% Isoflavones

It's one of the main soy complements for **isoflavones** content. The most modern use of the **Kudzu root** is related to its **high content** of **daidzein**, **formononetin** (methylated form of daidzein), **puerarin** and **coumestans**, all of them useful to control the symptoms of menopause. Moreover, this plant is renowned for its **antioxidant** properties **and for the rebalancing of physiological blood pressure**.



TRIFOLIUM PRATENSE (or red Clover) extract standardized to 8% Isoflavones

This legume contains **four types of isoflavones** (**formononetin**, **coumestans**, **daidzein** and **genistein**), which **are not normally contained in food**, with natural action capable of reducing the symptoms of menopause, and supporting the cardiovascular and skeletal systems. In particular, **coumestans** are a group of **highly available and active** isoflavones characterized by a high affinity for estrogen receptor beta. Moreover, they are useful to support **physiological skin conditions**.

PROFEM™ SAFETY AND ACTIVITY PROFILE:

Due to the low affinity for estrogen receptor alpha (uterus and breast) and the high affinity for estrogen receptor beta (central nervous system, bowel, bone tissue, cardiovascular system, skin) of the combination of isoflavones of Profem™,

the product has a naturally balanced action, and a strong safety profile.

Relative affinity of Profem™ isoflavones for estrogen receptor (ER) compared to estradiol

	ERα	ERβ
17β - estradiol	100	100
Coumestrol	20	140
Genistein	0,4	87
Daidzein	0,1	0,5
Formononetin	<0,01	<0,01
Biocianin A	<0,01	<0,01

Modified from: Tolino A. et Al. – La terapia alternativa al trattamento ormonale sostitutivo: i fitoestrogeni. Cofese Edizioni, Palermo, 2005



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NUTRACEUTICAL INNOVATION

NEW

EFFECTIVE ACTION
1 mg melatonin



NUTRITION FACTS

	Amount per sachet (1 sachet of 4.7 g)	Amount per 100 g of powder
Energy	kcal 12.05 kJ 50.44	kcal 256.4 kJ 1,073.2
Average content		
Total fat,	18 mg	0.38 g
- saturated fatty acids	8 mg	0.17 g
Total carbohydrate,	2,425 mg	51.60 g
- fat	1,478 mg	31.45 g
Fibres	947 mg	20.15 g
Protein	148 mg	3.15 g
Salt	1.07 mg	0.023 g
Functional elements		
• <i>Bifidobacterium lactis</i> BS01	> 1.00 BILLION *	> 21.3 BILLION *
• <i>Lactobacillus rhamnosus</i> LR06	> 0.25 BILLION *	> 5.3 BILLION *
• <i>Lactobacillus paracasei</i> LPC00	> 0.25 BILLION *	> 5.3 BILLION *
• <i>Lactobacillus acidophilus</i> LA02	> 0.25 BILLION *	> 5.3 BILLION *
• <i>Lactobacillus plantarum</i> LP02	> 0.25 BILLION *	> 5.3 BILLION *
• <i>Lactobacillus salivarius</i> LS03	> 0.02 BILLION *	> 0.4 BILLION *
Fructo-oligosaccharides (FOS)	1.000 mg	21.28 g
Soy extract,	360 mg	7.66 g
- isoflavones (standardized to 103.7 mg/g)	37.33 mg	0.79 g
Green tea extract standardized to min. 50% polyphenols	150 mg	3.19 g
<i>Pueraria lobata</i> extract,	100 mg	2.13 g
- isoflavones (standardized to 418.5 mg/g)	41.85 mg	0.89 g
Clover extract,	5 mg	0.11 g
- isoflavones (standardized to 89.9 mg/g)	0.45 mg	0.0096 g
Melatonin	1 mg	0.021 g

* = U.F.C. (Colony Forming Units)

1 sachet of Profem™ provides a daily intake of at least 2 billion “gastroprotected” alive and viable probiotics.

BENEFITS

- ➔ **UNIQUE AND EXCLUSIVE ASSOCIATION BY GUNA:**
THREE SYNERGISTIC “NUCLEI” OF ACTION, EFFECTIVE AND SPECIFIC FOR:
 - **REDUCING MENOPAUSAL SYMPTOMS**
 - **SLOWING DOWN THE AGING PROCESS**
 - **IMPROVING BOWEL FUNCTION**
- ➔ **THREE NATURAL SOURCES OF SELECTED ISOFLAVONES - SOY, PUERARIA LOBATA, TRIFOLIUM PRATENSE - HIGHLY BIOAVAILABLE, FOR A COMPLETE AND BALANCED ACTION WITH NO SIDE EFFECTS**
- ➔ **UNIQUE ENHANCED SYMBIOTIC ACTION TO HELP THE COLONIZATION OF THE DIFFERENT INTESTINAL SEGMENTS AND THE ABSORPTION OF ISOFLAVONES**
- ➔ **COUNTERACTS WEIGHT GAIN AND WATER RETENTION**
- ➔ **NATURAL REBALANCING OF NEURO-ENDOCRINE CIRCUITS THANKS TO THE PRESENCE OF MELATONIN**
- ➔ **ACTION AGAINST COLIFORM BACTERIA:**
THANKS TO *LACTOBACILLUS RHAMNOSUS* LR06 AND *LACTOBACILLUS PLANTARUM* LP02
- ➔ **IMPROVED ABSORPTION OF CALCIUM AND MAGNESIUM OWING TO THE PRESENCE OF FRUCTO-OLIGOSACCHARIDES (FOS)**
- ➔ **ONE DAILY INTAKE**



proFEM™

DIRECTIONS FOR USE

FIELDS OF APPLICATION:

Treatment of menopausal symptoms:





- Hot flushes
- Mood swings and altered sleep-wake cycle
- Vaginal dryness
- Decreased skin turgor and elasticity
- Intestinal dysbiosis
- Susceptibility to genitor-urinary infections
- Aging
- Overweight and water retention
- Osteoporosis prevention

DOSAGE

We recommend taking 1 sachet daily for 3 month treatment cycles at least.

Take the contents of one sachet **preferably 30 minutes before meals**. To **help nocturnal sleep**, we recommend taking Profem™ 30 minutes before the evening meal.
Dissolve the sachet contents in **half a glass of water at room temperature**, mix thoroughly and **drink immediately**.

MOST FREQUENT ASSOCIATIONS

ASSOCIATION	INDICATION
<p>PROFEM™ + COLOSTRO NONI</p> 	<p>Menopausal symptoms characterized by strong bowel dysfunction</p>
<p>PROFEM™ + VIT FORMULA™</p> 	<p>Menopausal symptoms characterized by vitamin and/or mineral deficiency</p>
<p>PROFEM™ + GUNAMINO FORMULA</p> 	<p>Menopausal syndrome accompanied by weight gain and loss of muscle tone</p>
<p>PROFEM™ + GUNABASIC</p> 	<p>Adjuvant treatment of osteoporosis</p>

proFEM™

NEW

FULL ACTION
1 mg melatonin



One sachet of Profem™ ensures an intake of not less than 2 billion **“microencapsulated gastroprotected”** active probiotics. The viability of its probiotic strains is guaranteed until the expiry date indicated on the label.

KEY WORDS: Food supplement for the well-being of menopausal women

Ingredients

Fructo-oligosaccharides (FOS); Fructose; Soy extract (standardized to min. 10% isoflavones); baked apple aroma; Green tea extract (standardized to min. 50% polyphenols); Pueraria lobata root extract (standardized to min. 40% isoflavones); Acidifier: citric acid; **Microencapsulated probiotics:** Bifidobacterium lactis BS01 (LGM P-21384)), Lacto bacillus acidophilus LA02 (DSM 21717), Lactobacillus paracasei LPC00 (LGM P-21380), Lactobacillus plantarum LP02 (LGM P-21020), Lactobacillus rhamnosus LR06 (DSM 21981), Lactoba cillus salivarius LS03 (DSM 22776); Sweetener: sucralose; Red clover extract (standardized to min. 8% isoflavones); Melatonin. Sweetener: sorbitol.

Warnings

The expiry date refers to a product correctly stored, in its original undamaged packaging. Do not use if pregnant. Do not exceed the RDA. Keep out of the reach of children under 3 years of age. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. It contains soy derivatives.

Packaging

20 x 4.8 g sachets.

References

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