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## FLAVANON-4

For relief of symptoms associated with the menopause

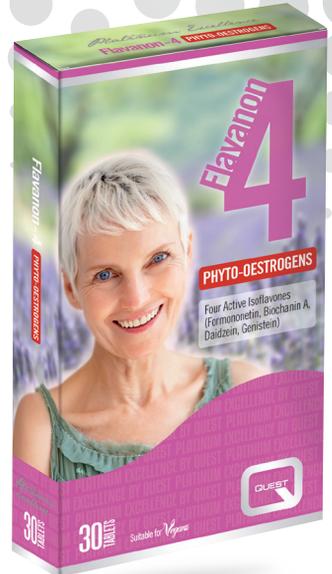
### Nutritional Information

One tablet provides:

Isoflavones	40 mg*
Providing Formononetin, Biochanin A, Daidzein, Genistein	

\*Equivalent to 500 mg herb powder

One to two tablets daily with food.



## SUMMARY

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- Contains phyto-oestrogens, which produce an oestrogenic effect in the body.
- Recommended for women of menopausal age suffering symptoms caused by declining levels of oestrogen.
- Natural alternative or follow-on to Hormone Replacement Therapy (HRT).

## WHAT IS FLAVANON-4?

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Red clover contains isoflavone phyto-oestrogens, naturally occurring compounds capable of producing mild oestrogenic effects. Phyto-oestrogens have been shown to offer symptomatic relief from menopausal hot flushes and can be used as a natural alternative to conventional hormone replacement therapy (HRT). They may exert similar protective effects against oestrogen related bone loss and increased risk of heart disease for post menopausal women. Phyto-oestrogens work by binding to oestrogen receptors on the cell and stimulating oestrogenic activity.

## WHO CAN FLAVANON-4 BE RECOMMENDED FOR?

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Flavanon-4 is recommended for women of menopausal age, who may experience symptoms caused by declining levels of oestrogen in the body.

Isoflavone phyto-oestrogen therapy has been proposed as a natural alternative to hormone replacement therapy (HRT). Synthetic HRT is designed to reduce the effects of the menopause but has been associated with a wide-range of undesirable side effects including an increased risk of stroke, blood clots, heart disease, and breast cancer.

## WHAT SCIENTIFIC DATA SUPPORTS THE USE OF RED CLOVER ISOFLAVONES?

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**Hot Flushes:** A randomized, double blind, placebo-controlled trial found up to a 44% decrease in hot flushes with the use of 80 mg of red-clover derived isoflavones within 12 weeks. Other trials meta-analysis systematic reviews have also demonstrated significant reductions in hot flushes.<sup>1,3</sup>

**Bone Density:** Various clinical trials support the use of between 40 mg - 80 mg of isoflavones daily for the prevention of oestrogen-related bone loss.<sup>2,4</sup>

**Mood and Cognition:** The results of clinical trials suggest a positive effect of isoflavone supplementation on improving cognitive performance and mood in postmenopausal women, with some studies showing results after only 12 weeks.<sup>6</sup>

**Heart Health:** The positive vascular effects of red-clover derived isoflavones have been demonstrated in many clinical studies.<sup>5,7</sup>

## HOW SHOULD FLAVANON-4 BE TAKEN?

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One to two tablets daily with food. This dose will provide 40 mg - 80 mg isoflavones daily, which is the range of isoflavone supplementation covering most clinical studies.

## ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING FLAVANON-4?

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A healthcare professional should be consulted before taking Flavanon-4 whilst taking any other medication.

Flavanon-4 should not be used in combination with any other hormonal medications such as HRT.

Flavanon-4 is not recommended for use during pregnancy or when breast-feeding

## FEATURES

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- Non-soya based plant isoflavones from red clover
- Equivalent to 500 mg red clover herb powder
- Each tablet provides 40 mg of combined isoflavones

## HEALTH NEEDS

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MENOPAUSE



BONES

## SCIENTIFIC REFERENCES

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2. Biofactors. 2004;22(1-4):221-8
3. Avicenna J Phytomed 2015; 5 (6): 498-511
4. Menopause 2001; 8:4:259-265
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6. Maturitas 2010; 65:258-261
7. J Obstet Gynaecol Res 2009; 35:6:1091-1095

