

MENOSTAGE

SUPPORT FOR WOMEN DURING MONTHLY CYCLES, PERIMENOPAUSE AND THE MENOPAUSE



Gentle, natural support for women during all stages of life

MENOSTAGE is a traditional herbal combination, designed to help relieve symptoms (particularly those associated with **hormonal imbalance**) during premenstrual syndrome (**PMS**), **perimenopause** and the **menopause**.

It contains a specially formulated blend of most of the well-known women's herbs (including red clover, Schizandra berry, wild yam and sage leaf), as well as nutrients that have a balancing effect on the body and promote a feeling of vitality and well-being (such as Siberian ginseng, soya isoflavones, vitamin B6 and zinc citrate).

This gentle and completely natural helper is a favourite amongst female customers, not least because it does not contain harsh hormones, such as those found in Hormone Replacement Therapy (HRT) drugs.

BENEFICIAL FOR...

- Women
- Hormonal balance
- Difficult monthly cycles (PMS / PMT)
- Perimenopause and menopause symptoms
- Skin and hair health
- Heart health / palpitations
- Mood swings and nervous irritability
- Hot flushes / night sweats
- Breast tenderness
- Fatigue and energy levels
- Vaginal dryness
- Thyroid function

About the ingredients...

Red clover: Red clover is a flowering plant and a type of legume. Traditionally, red clover was used by the Chinese, Russian and native Americans to soothe asthma and whooping cough. The dark-pink flowers of red clover plants can be used as a food extract or edible garnish, as well as making essential oils.

Like soya, red clover contains **isoflavones** – a type of phytoestrogen, or naturally occurring plant oestrogen. Nowadays, it is often used to **ease menopause symptoms** and, in particular, **hot flushes** and **night sweats**.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5462345/>

Red clover has also been linked to **skin health**, **hair health** and **heart health** in menopausal women.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206499/> *<https://pubmed.ncbi.nlm.nih.gov/23449130/> *<https://pubmed.ncbi.nlm.nih.gov/25369831/>

Isoflavones can **bind with oestrogen receptors in women's reproductive cells**, and, when absorbed into the body, may **mimic the effects of natural oestrogen**.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4523657/>

Red clover has multiple benefits for women going through the menopause, including:-

Relieves hot flushes and night sweats

As red clover is high in isoflavones, it can help to decrease the frequency and severity of some menopause symptoms, like night sweats and hot flushes with significant positive effects.

*<https://www.ncbi.nlm.nih.gov/pubmed/15458907>

In a 2017 study published in PLoS One, scientists gave 59 perimenopausal women a supplement containing red clover and friendly bacteria and found they experienced a significant drop in both hot flushes and night sweats.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5462345/>

A 2016 study in the Journal of Obstetrics and Gynaecology found that red clover can decrease the numbers of hot flushes, particularly in women with severe hot flushes who experience five or more a day.

*<https://www.ncbi.nlm.nih.gov/pubmed/26471215>

Red clover also has potential to help other symptoms of the menopause, like depression, anxiety and vaginal dryness.

*<https://pubmed.ncbi.nlm.nih.gov/26471215/>

Improves bone density for menopausal women

The reduction in circulating oestrogen during the menopause causes bone loss that, over time, can lead to osteoporosis. Red clover contains a type of phytoestrogen called isoflavones, which can imitate oestrogen in the body. Some studies have found a connection between intake of isoflavones and a decreased risk of osteoporosis.

*<https://pubmed.ncbi.nlm.nih.gov/21958941/>

In a 2015 study by Denmark's Aarhus University, researchers gave red clover to 60 healthy menopausal women for three months. They found that red clover isoflavones can:

- increase bone density
- slow down the rate at which calcium is removed from bone tissue for absorption into the blood
- speed up the production of new bone

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1780039/>



About the ingredients...

Contributes to heart health

Research suggests that red clover may help improve the heart health of postmenopausal women. Scientists think the isoflavones in red clover are the active ingredient responsible for this effect.

A 2006 review of studies by the University of Illinois in Chicago reported that red clover extract can decrease the amount of a type of fat in the blood called triglycerides, while increasing levels of 'good' HDL cholesterol.

A meta-analysis of studies in postmenopausal women taking red clover for 4-12 months improved their heart health. This was due to a significant increase in the 'good' cholesterol HDL and a decrease in total and 'bad' cholesterol (LDL) levels.

[*https://pubmed.ncbi.nlm.nih.gov/30269660/](https://pubmed.ncbi.nlm.nih.gov/30269660/)

Another 2015 study on 147 postmenopausal women found that taking 50mg of red clover daily for 1 year decreased 'bad' LDL cholesterol by 12%.

[*https://pubmed.ncbi.nlm.nih.gov/25369831/](https://pubmed.ncbi.nlm.nih.gov/25369831/)

Supports skin and hair health

Red clover has been used traditionally to promote hair and skin health.

One study of 30 men who applied red clover extract to the scalp every day for 4 months found a 13% increase in the hair growth cycle (anagen phase), and a 29% reduction in the hair loss cycle (telogen).

[*https://pubmed.ncbi.nlm.nih.gov/23449130/](https://pubmed.ncbi.nlm.nih.gov/23449130/)

Another randomised study of 109 postmenopausal women found that taking 80mg of red clover extract for 90 days significantly improved participants' skin and hair appearance, texture and overall quality.

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206499/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206499/)

Eases menstrual issues

Some women use phytoestrogens and other herbal remedies to help relieve menstrual irregularities and issues. Throughout a woman's menstrual cycle, oestrogen levels can drop and cause uncomfortable symptoms. As red clover contains phytoestrogens, it can help to ease such symptoms.

Wild yam: The starting material in the manufacture of "the Pill", the root and bulb of wild yam contain the chemical diosgenin, which can be made into various steroids (such as oestrogen and dehydroepiandrosterone (DHEA)). As such, it is often used as a **natural alternative to oestrogen therapy**, for **vaginal dryness** in older women, for **PMS** (premenstrual syndrome), **menstrual cramps**, **weak bones** (osteoporosis), **low energy levels** and **sex drive**. Some women even apply wild yam creams to the skin to reduce menopausal symptoms such as **hot flashes**.

Bamboo (providing silica): Bamboo is an edible grass that has been part of the diet of humans and animals alike for thousands of years. Bamboo has been used traditionally as a rich source of naturally occurring, organic silica. Bamboo silica is found in the nodes of a bamboo tree.

Silica is an essential element found in the earth's crust. This trace mineral is rare in our diets because food is often processed and soil is depleted by chemical treatments.

Silica is known to **help slow the ageing process**. Bamboo has a high silica content (as high as 85%). The presence of silica in the body can help to support the maintenance of hair luster, nail strength and skin tone. Silica is also one of the major components of collagen - it **enhances collagen synthesis in bones and joints**.



About the ingredients...

Sage leaf: Sage leaf contains diterpene bitters, volatile oil, flavonoids and rosmarinic acid. It has a tonic effect on the female reproductive system and is recommended for **irregular menstruation** and **menstrual cramps**. As a result of its oestrogenic effect, it has also been shown to be effective in alleviating the following **symptoms of menopause**, including anxiety, fatigue, night sweats, hot flushes and mood swings.



Schizandra berry: A herb that is used to help **decrease night sweats** and **excessive perspiration**. It is also a **nerve tonic and adaptogen** that helps to support many body systems in the **transition to menopause**. It can be useful for menopausal symptoms such as: heart palpitations, insomnia, mild depression, fatigue and concentration issues.

[*https://pubmed.ncbi.nlm.nih.gov/27763802/](https://pubmed.ncbi.nlm.nih.gov/27763802/)

Hops: Hops are the flowers of the hop plant and are responsible for the bitter flavour of beer. As they contain **phytoestrogens** - plant-based compounds that mimic the action of oestrogen - they can be effective at alleviating various **menopausal symptoms**, including sleep disturbances, fatigue, hot flushes and vaginal dryness. In fact, scientists have discovered that the hops plant may contain one of the most powerful phytoestrogens ever identified. This potent compound - known as 8-prenylnaringenin or **8-PN** - effectively combats **menopausal complaints** and shows promise in protecting against **bone loss** and **heart disease**.



[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5016504/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5016504/)

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6017581/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6017581/)

Alfalfa: Alfalfa is a nutrient-dense food, rich in chlorophyll, along with vitamins and minerals. It also provides a rich source of alkaloids, **isoflavones**, coumarins, sterols, essential enzymes and **phytoestrogens** (which are chemically similar to the hormone oestrogen). This means that they can cause some of the same effects in the body as oestrogen and alfalfa is therefore used to relieve certain **menopause symptoms**, including hot flushes, insomnia, nocturnal sweating, dizziness, headaches and palpitations.

[*https://pubmed.ncbi.nlm.nih.gov/9677811/](https://pubmed.ncbi.nlm.nih.gov/9677811/)



Siberian ginseng: A plant used in herbal medicines for centuries, Siberian ginseng is often considered an '**adaptogen**' - a substance used to boost the body's resistance to mental or physical stressors. It contains active chemical compounds called '**eleutherosides**', which bind to oestrogen receptors and help to relieve the effects of oestrogen withdrawal during menopause. Studies have shown "ginseng can **significantly reduce hot flashes, menopausal symptoms, and quality of life in menopausal women**".

[*https://pubmed.ncbi.nlm.nih.gov/35691259/](https://pubmed.ncbi.nlm.nih.gov/35691259/)

Kelp: Sea kelp is a natural source of vitamins A, B1, B2, C, D and E, as well as minerals including zinc, iodine, magnesium, iron, potassium, copper and calcium. In fact, it contains the highest natural concentration of calcium of any food - 10 times more than milk. It **supports the thyroid gland**, which is a key sex gland stimulator and can help to relieve **menopausal symptoms**, such as hot flushes, weight gain, moodiness and menopausal tension.



Soya isoflavones: Many symptoms of menopause and perimenopause occur as a result of falling oestrogen levels in the body. When these symptoms - such as **hot flushes, night sweats** and **falling bone density** - become severe, the traditional form of treatment is hormone replacement therapy (HRT).

However, HRT is harsh on the body and not without its dangers. In response to this, many women choose to investigate alternative treatments. Of these, soya isoflavones are one of the best-known and most popular options.



About the ingredients...

Isoflavones are part of a group of plant-based chemicals called phytoestrogens (**oestrogen-like** compounds) that can help to modulate the effects of the stronger oestrogen and testosterone produced by the body. Trials* have now shown that isoflavones, found in high levels in both soya and red clover, can halve the incidence and severity of **hot flushes**, as well as help to relieve the other symptoms of menopause, such as **irritability** and **vaginal dryness**.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8004126/>

The main isoflavones in soy are genistein and daidzein. When you eat soy, bacteria in your intestines break it down into its more active forms.

Once in your body, soy isoflavones bind to the same receptors as oestrogen. Receptors are like docking stations on the surface of cells. When isoflavones bind to some receptors, they mimic the effects of oestrogen. When they bind to other receptors, they block oestrogen's effects. When isoflavones mimic oestrogen, they can help to reduce hot flushes and other symptoms of menopause.

Dozens of small studies have looked at the effects of soy on menopause symptoms, especially hot flushes and night sweats.

In a 2012 analysis* of 19 studies, soy isoflavone supplements were shown to have reduced the severity of hot flushes by just over 26% compared to a placebo.

*<https://journals.lww.com/menopausejournal/pages/articleviewer.aspx?year=2012&issue=07000&article=00011&type=abstract>

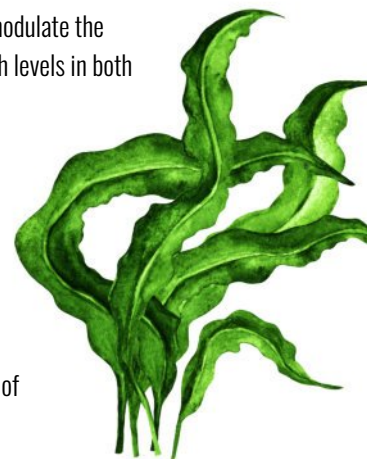
It has long been noted that individuals in the East, where soya and soya-based foods like tofu are common dietary constituents, tend to suffer fewer menopause symptoms.

Over a period of six years, 1,106 women in Japan* aged between 35 and 54 were asked to record both their diet and any experiences of hot flushes. The scientists running the research used these food journals to assess total soya isoflavone intake for each participant, before comparing it to the appearance of hot flushes. Of the 101 women that did experience hot flushes within the study period, the results demonstrated that "hot flushes were significantly inversely associated with consumption of soy products".

<https://academic.oup.com/aje/article/153/8/790/106842?login=false>

Vitamin B6: Vitamin B6 contributes to the normal function of the immune system, the **regulation of hormonal activity**, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

Zinc: Zinc contributes to **normal fertility and reproduction**, the **maintenance of normal bones**, the maintenance of normal hair, nails and skin, the maintenance of **normal testosterone levels** in the blood, the normal function of the immune system and the protection of cells from oxidative stress.



MENOSTAGE is available for re-sale under your own label (or our label)
and can be dropshipped by us.

*See our Trade Price List for trade prices, RRP's, discounts, dropshipping rates etc.