

Meno-Support Formula™

Comprehensive Nutrition for Women

DESCRIPTION

Meno-Support Formula™, provided by Douglas Laboratories, is a synergistic and comprehensive combination of vitamins, minerals, herbs, and other nutrients, carefully formulated and specifically designed to support a woman's health through changes that may occur later in life.

FUNCTIONS

Meno-Support Formula™ contains not only the base formula of Douglas Laboratories' Ultra Specific series that offers intensive support for the healthy functioning of the body in general, but also the Meno-Support Proprietary Blend providing compounds that work specifically to moderate unpleasant changes in the structure and function of a woman's body that are affected by the hormonal variations during aging.

Black cohosh, an herb with a long history of use in Native American cultures for gynecological disorders, is currently seen as a natural way to normalize hormonal changes and moderate the uncomfortable symptoms that accompany menopause. Black cohosh works largely through the synergistic activity of two types of compounds: phytoestrogens and triterpenes. Phytoestrogens, a class of flavonoids with mild estrogenic activity in the body, appear to have normalizing effects on hormonal levels. In particular, black cohosh extract contains formononetin, an isoflavone phytoestrogen. Triterpene glycosides found in black cohosh extract act synergistically with formononetin to suppress excessive secretion of luteinizing hormone (LH). Sudden increases in LH secretion, which occur in response to declining estrogen levels, appear largely responsible for many problems, such as hot flashes, night sweats, insomnia, irritability, heart palpitations, and headaches.

Additionally, the concerted activity of formononetin and triterpenes appears to aid in the regulation of estrogen balance. As with other estrogenic compounds, the active constituents in black cohosh extract may also have beneficial effects on the cardiovascular and skeletal systems of postmenopausal women. As such, black cohosh, as well as other herbs found in the proprietary blend offer a safe and natural method of balancing hormone levels and easing the uncomfortable problems women may encounter.

Ipriflavone, derived from naturally occurring isoflavones, promotes bone density by inhibiting bone resorption. Numerous studies of postmenopausal women and individuals whose bones are showing signs of demineralization have investigated the benefits of ipriflavone on bone health. Laboratory and clinical studies

documented ipriflavone's positive effect on bone density. Experts agree that ipriflavone appears to directly inhibit osteoclast activity, thereby decreasing bone resorption. Osteoclasts and osteoblasts are two primary types of bone cells. Osteoblasts, the more exterior cells, are responsible for bone mineralization. Osteoclasts, found beneath the osteoblasts, are responsible for bone resorption. When calcium levels in the blood drop, the osteoblasts change shape, allowing the osteoclasts to become exposed and release calcium from the bones to the rest of the body. Scientists suspect ipriflavone may also stimulate osteoblast activity. Since osteoblasts are responsible for laying down new bone, an increase in osteoblast activity would result in increased bone mineralization. This suggests ipriflavone may not only inhibit the breakdown of existing bone, but also encourage the formation of new bone.

In women, bone loss is generally accelerated following menopause. The decline in estrogen levels associated with menopause appears to put women at increased risk for declining bone density and osteoporosis. Ipriflavone, together with adequate calcium, vitamin D, vitamin K, and other key nutrients involved in bone health, offers non-estrogenic protection against excessive bone resorption. Unlike other well-known isoflavones, such as genistein found in soy foods, ipriflavone does not have estrogenic activity and can be safely used in conjunction with natural phytoestrogens or with HRT.

INDICATIONS

Meno-Support Formula™ tablets may be a useful dietary supplement for women who wish to support a healthy transition through menopause.

FORMULA (#84073)

Four Tablets Contain:

Vitamin A (Palmitate).....	5,000	I.U.
Beta-Carotene	15,000	I.U.
Vitamin C (Ascorbic Acid).....	1,000	mg
Vitamin D-3	50	I.U.
Vitamin E (as Vitamin E Succinate)	200	I.U.
Vitamin K (as Phytonadione).....	50	mcg
Thiamin (as Thiamin HCl).....	50	mg
Riboflavin	25	mg
Niacin/Niacinamide	120	mg
Vitamin B-6 (as Pyridoxine HCl/		

(continued on reverse)

Pyridoxal-5-Phosphate Complex).....	25	mg
Folic Acid	800	mcg
Vitamin B-12 (on Ion Exchange Resin).....	100	mcg
Biotin	300	mcg
Pantothenic Acid (as d-Calcium Pantothenate) ..	150	mcg
Calcium.....	500	mg
(from Calcium Citrate/Ascorbate Complex)		
Magnesium	400	mg
(from Magnesium Aspartate/Ascorbate Complex)		
Zinc (from Zinc Aspartate Complex).....	20	mg
Selenium	200	mcg
(Organic Selenium from Krebs [†] Cycle and Kelp)		
Copper (from Copper Amino Acid Chelate)....	2	mg
Manganese (from Manganese Aspartate Complex)...	15	mg
Chromium.....	200	mcg
(Organically bound with GTF activity-low allergenicity)		
Molybdenum (from Molybdenum Krebs [†])	50	mcg
Potassium (from Potassium Aspartate Complex) .	75	mg
Choline (from Choline Citrate/Bitartrate).....	20	mg
Inositol.....	25	mg
Citrus Bioflavonoid Complex.....	100	mg
PABA (Para-Aminobenzoic Acid)	50	mg
Vanadium (from Vanadium Krebs [†])	25	mcg
Boron (from Boron Aspartate/Citrate Complex).....	3	mg
Trace Elements (from Sea Vegetation).....	100	mcg
Meno-Support Proprietary Blend	500	mg
Black Cohosh (standardized), Dong Quai, Kelp, Horsetail, Sage, Lemon Bioflavonoids and Ipriflavone		

[†]Krebs=Citrate, Fumarate, Malate, Glutarate and Succinate Complex

SUGGESTED USE

Adults take 4 tablets daily or as directed by physician.
This product is best taken with meals.

SIDE EFFECTS

No adverse effects have been reported.

HOW SUPPLIED

Supplied in bottles of 120 tablets.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

References

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**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by
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