

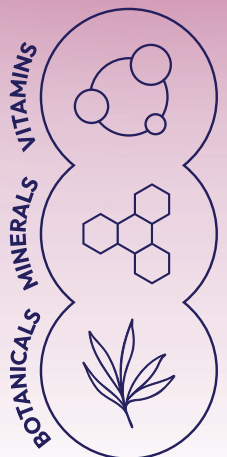
Evera[®]

NUTRITION

Your Health Redefined

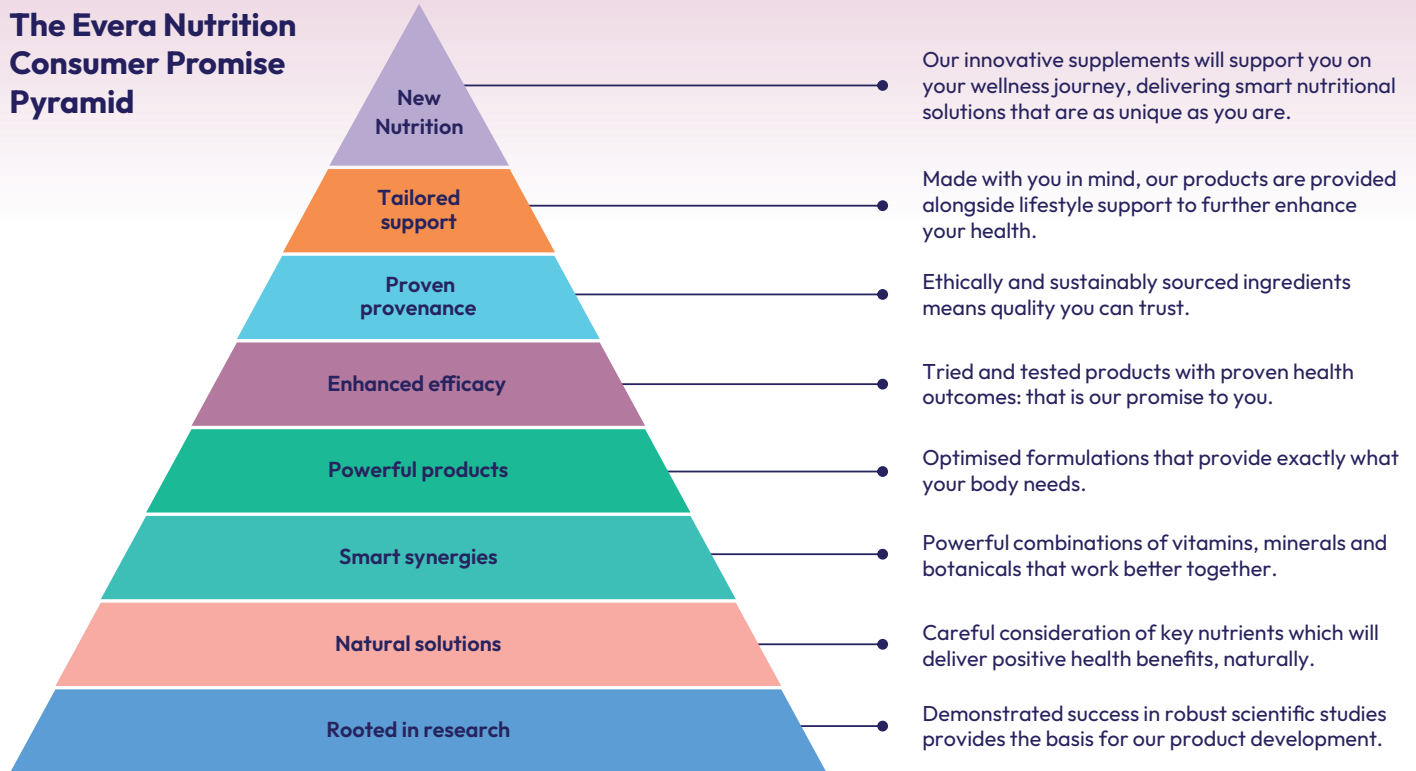


**WOMEN'S
BALANCE**



Menopause is the time in a woman's life when ovarian function ceases, bringing with it many changes. The menopause experience varies from woman to woman and for some, this time of transition causes many unwanted symptoms that can have a significant impact on day-to-day life.

The Evera Nutrition Consumer Promise Pyramid



Delivering innovation in supplementation

One third of a woman's life might be spent in different stages of the menopause. Hence it is important to approach menopause positively, reframing it as a natural life transition. This involves education about the changes, prioritising elements of health affected by the menopause and finding healthy ways to manage any symptoms. In this way the menopause can be navigated with a sense of empowerment to embrace the new chapter it brings.

Stages of The Menopause

The three stages of menopause are perimenopause, menopause, and post-menopause (1).

Perimenopause: This transition stage leading to the menopause can last for several years, typically starting in a woman's early to mid-40s although for some women this can occur earlier. It involves a decline in oestrogen production by the ovaries which can lead to irregular periods, hot flashes, night sweats, sleep disturbances, mood changes, and vaginal dryness.

Menopause: This stage is defined as the final menstrual period, confirmed when a woman has not had a period for 12 consecutive months.

Post-menopause: This is the time after menopause, marked by a continued decline in oestrogen and progesterone levels. While some menopausal symptoms may subside, women may be at increased risk for certain health conditions, such as osteoporosis and heart disease, and may also experience continued symptoms like vaginal dryness or urinary issues.

Hormonal Changes

During the different stages of menopause, significant hormonal changes occur, primarily a decline in oestrogen and progesterone levels, which can lead to various physical and emotional symptoms (2). These changes begin in perimenopause and continue through to post-menopause.

Perimenopause:

- **Oestrogen Levels:** Fluctuations in oestrogen, rather than a steady decline, mark this stage. Oestrogen levels may rise or fall unevenly, leading to irregular periods and other symptoms like hot flashes and mood swings (3).
- **Progesterone Levels:** Production decreases as ovulation becomes less frequent (4).
- **Follicle Stimulating Hormone (FSH) and Luteinizing Hormone (LH):** The pituitary gland releases more FSH and LH as the ovaries become less responsive to these hormones (5).
- **Other hormones:** Inhibin, produced by the ovaries, also decreases, further impacting FSH levels (6).

Menopause:

- **Oestrogen and Progesterone:** Ovarian production of these hormones significantly declines, leading to the end of menstruation (7).
- **FSH and LH:** Levels remain high, reflecting the ovaries' reduced responsiveness (8).

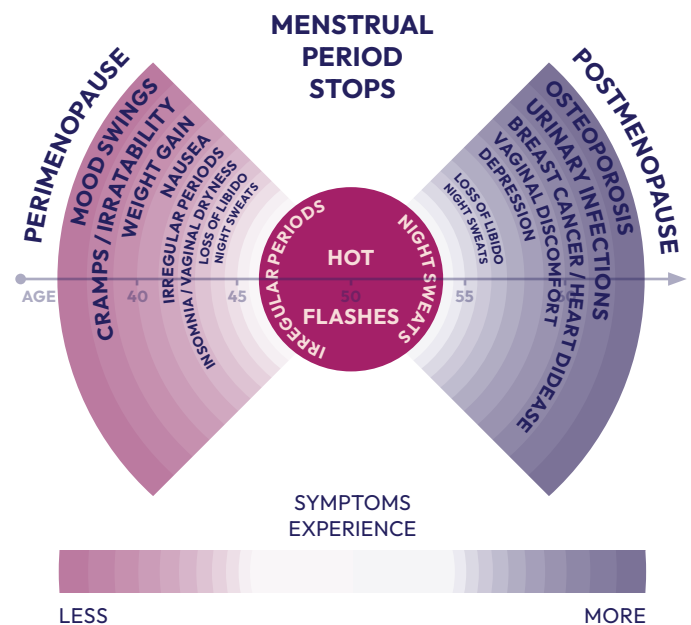
- **Other hormones:** While ovarian production of oestrogen and progesterone stops, other tissues like the adrenal glands and fat cells may produce small amounts of oestrogen, and testosterone can be converted into oestrogen elsewhere (9).

Post-menopause:

- **Oestrogen and Progesterone:** Levels remain low, with minimal fluctuations.
- **FSH and LH:** Levels remain elevated.

Overall Impact:

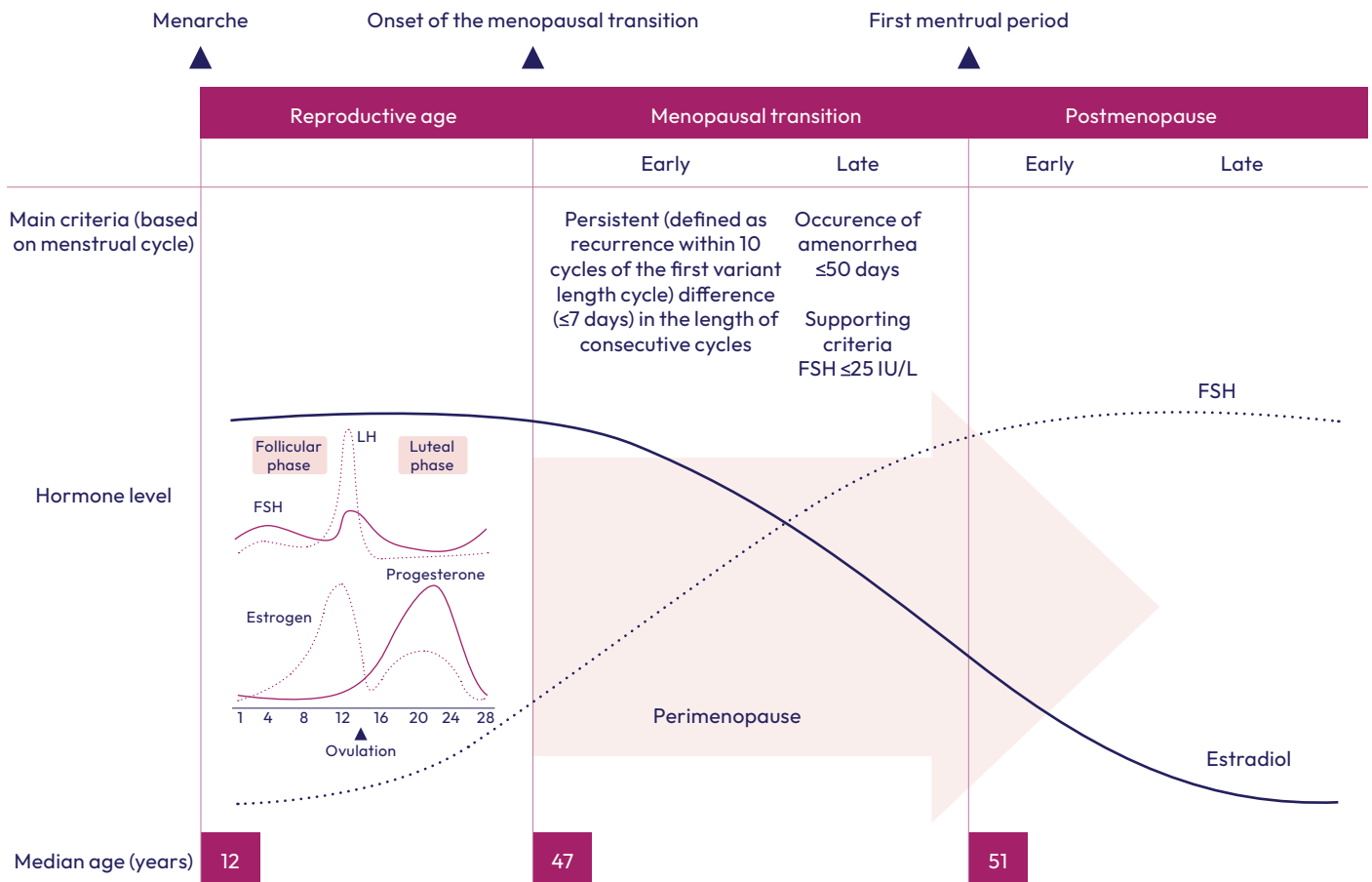
- **Menstrual Cycle:** Irregularity and eventual cessation of periods are direct results of hormonal changes (10).
- **Vasomotor Symptoms:** Hot flashes and night sweats are linked to the decline in oestrogen and the body's attempt to regulate temperature (11).
- **Other Symptoms:** Mood changes, sleep disturbances, vaginal dryness, and changes in libido can also be attributed to hormonal shifts (12).



The Impact of Menopause on Health

While menopause is a natural change that marks the end of a female's reproductive phase, for some, its symptoms can be life-changingly demanding. Sudden hot flashes, night sweats, insomnia, fatigue, and brain fog are common symptoms, and while many women may experience mild changes, others can experience symptoms so intense that they significantly disrupt work and daily activities (13).

In some cases, these symptoms can create a domino effect that eventually undermines a woman's confidence in herself. For example, night sweats and insomnia can often result in a sleep deficit that could cause depression; hot flashes during the day may spur embarrassment and anxiety; memory problems can further lead to life disorganisation. Hence, the menopause leaves many women frustrated, not feeling like themselves and wanting an effective way to manage their symptoms (14).



Whilst many women are prescribed Hormone Replacement Therapy (HRT) as the first line of treatment, it is contraindicated for some health conditions (15). There is a slightly increased risk of breast cancer with HRT and though this risk may be minimal for managing menopause symptoms in the short term, many women prefer not to take HRT, opting instead for non-medical or non-hormonal options (16).

Underlying Pathologies in the Menopause

Menopause, characterised by declining oestrogen levels, is associated with several interconnected health challenges due to oxidative stress, micronutrient deficiencies, hormonal imbalances, and metabolic modifications (17). These factors can exacerbate symptoms like bone loss, cardiovascular disease, and cognitive decline, as well as contribute to weight gain and metabolic disorders (18).

Oxidative Stress: Oestrogen, a natural antioxidant, decreases during menopause, leading to increased oxidative stress (19). This can damage cells and tissues, contributing to conditions like osteoporosis, cardiovascular disease, and cognitive impairment. Menopause-related hormonal changes can also trigger the release of inflammatory mediators, further contributing to oxidative stress and tissue damage.

Hormonal Imbalances: The decline in oestrogen and progesterone levels during menopause disrupts various bodily functions, including mood regulation, sleep patterns, and metabolism (20). These hormonal fluctuations can lead to mood swings, sleep disturbances, and an increased risk of depression and anxiety. Oestrogen deficiency also impacts bone health, increasing the risk of osteoporosis, and contributes to cardiovascular changes.

Micronutrient Deficiencies: Menopause can affect nutrient absorption and metabolism, potentially leading to deficiencies in vitamins and minerals like vitamin D and calcium. Micronutrient deficiencies can exacerbate symptoms like fatigue, joint pain and muscle aches, as well as impact mood and cognition (21).

Metabolic Modifications: Menopause is associated with changes in body composition due to metabolic stresses. Hormetic modifiers can deliver beneficial effects by enhancing management of stress levels (22).

How Women's Balance by Evera Nutrition Supports a Healthy Menopause

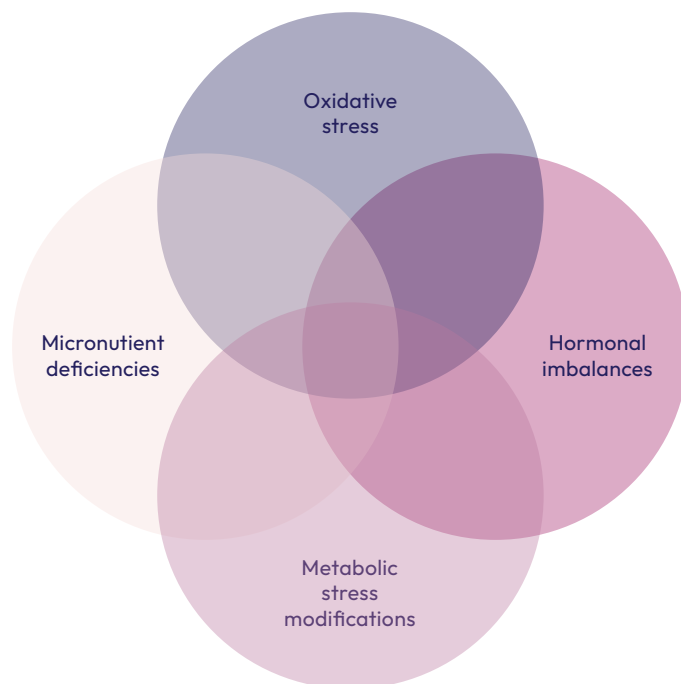
At Evera Nutrition we realise that the issues which might impact upon a woman's hormonal balance in the menopause are complex and vary from individual to individual. Our team of scientists have reviewed the scientific literature to identify the most common causes and created a formulation that uses specific ingredients that work together synergistically to address the most likely causes and deliver efficacy in the most natural way.

The Women's Balance Formulation

Ingredient	Amount per 2 capsule serving	% NRV*
Vitamin A	800mcg RE	100
Vitamin D1	15mcg	300
Vitamin E	12mg αTE	100
Vitamin K2	80 mcg	106
Vitamin C	120mg	150
Vitamin B1 Thiamine	10mg	909
Vitamin B2	7mg	500
Vitamin B3	35 mg NE	218
Vitamin B5	15 mg	250
Vitamin B6 Pyridoxal-5-phosphate	10 mg	714
Folic Acid (5-methyltetrahydrofolate)	200mcg	100
Vitamin B12 (methylcobalamin)	20mcg	800
Biotin	200mcg	400
Calcium	120mg	15
Magnesium	56mg	15
Iron	7 mg	50
Zinc	10 mg	100
Selenium	100mcg	181
Chromium	75mcg	188
Manganese	2mg	100
Iodine	150mcg	100
Copper	2mg	200
Molybdenum	75 mcg	150
Choline bitartrate	25mg	**
Co-Enzyme Q 10	10mg	**
Lutein	100mcg	**
Zeaxanthin	50mcg	**
Digestive enzyme support Complex- Betaine; Bromelain; Papain	20mg	**
Trans-resveratrol	10mg	**
Female adaptogenic Fusion: Standardised extracts of Rhodiola Rosea; Ashwagandha; Bacopa; Green Tea; Peruvian Ginseng;	Equivalent to 1050mg of natural botanicals	**
Female Ayurvedic Fusion: Standardised extracts of Shatavari; Tulsi; schizandra; Gotu Kola; Dong quai	Equivalent to 700 mg of natural botanicals	**
Female Phytoestrogen: Standardised extracts of Soy; Red Clover; Rosemary; Hops; Sage	Equivalent to 4580mg of natural botanicals	**

Women's Balance Addresses the Most Frequent Issues Affecting Menopausal Health

Common Pathologies – Menopause



How the Ingredients in Women's Balance Work Together

Oxidative stress: Vitamins A, C and E, copper, zinc, Rosemary, Green Tea, flavonoids, anthocyanins, phenolic acids, and tannins are all potent antioxidants (23-26).

Hormonal imbalances: Plant-based oestrogen sources (phytoestrogens) include Maca, Shatavari, Gotu kola, Soy isoflavones, Red clover, Sage, and Hops (27-30); plant-based progesterone sources (phytoprogestins) include Dong quai and Red Clover (31,32).

Hormetic agents for metabolic stress: Adaptogens include Rhodiola, Ashwagandha, Tulsi, Schisandra, and Green Tea (33-37).

Essential vitamins and minerals: Vitamins A, C, D, E, K, plus calcium, magnesium, selenium, iodine, copper, chromium, zinc and manganese. Many women fail to achieve their recommended intake of vitamins and minerals which are important to maintaining healthy levels of key micronutrients (38).

Why Recommend Women's Balance?

- Evidence-based ingredients that synergistically support all the elements involved in delivering menopausal comfort
- In clinical studies the following ingredients have been shown to deliver benefits related to the common symptoms of different stages of the menopause:

Hot flashes: Schisandra, Soy isoflavones, Sage, Dong quai, Red clover, Hops, vitamin E, iodine, and magnesium (39-42).

Night sweats: Schisandra, Sage, Dong quai, and Red clover (43-47)

Insomnia: Hops, Schisandra, Soy isoflavones, Rosemary, vitamin D, and magnesium (48-53).

Stress: Rhodiola, Ashwagandha, Schisandra, Bacopa, B vitamins, and magnesium (54-58)

Fatigue: Green Tea, Rhodiola, Sage, magnesium, B vitamins, Co Enzyme Q10 (59-63).

Depression: Rhodiola, Shatavari, Gotu kola, Tulsi, vitamin D, and magnesium (64-69).

Cognition: Rhodiola, Gotu kola, Bacopa, Rosemary, and choline (70-73).

Memory: Rhodiola, Schisandra, Gotu kola, Bacopa, Rosemary, Sage, and Tulsi (74-79).

Mood: Rhodiola, Bacopa, vitamin D, and magnesium (80-83).

Neuroprotection: Rhodiola, Gotu kola, Bacopa, Sage, Rosemary, and choline (84-89).

Anxiety: Schisandra, and Rosemary (90-91).

Vaginal dryness: Shatavari, Soy isoflavones, Sage, and vitamin D (92-95).

Vaginal itching: Soy isoflavones (96).

Bladder problems: Green Tea, Soy isoflavones, Shatavari, and Sage (97-101).

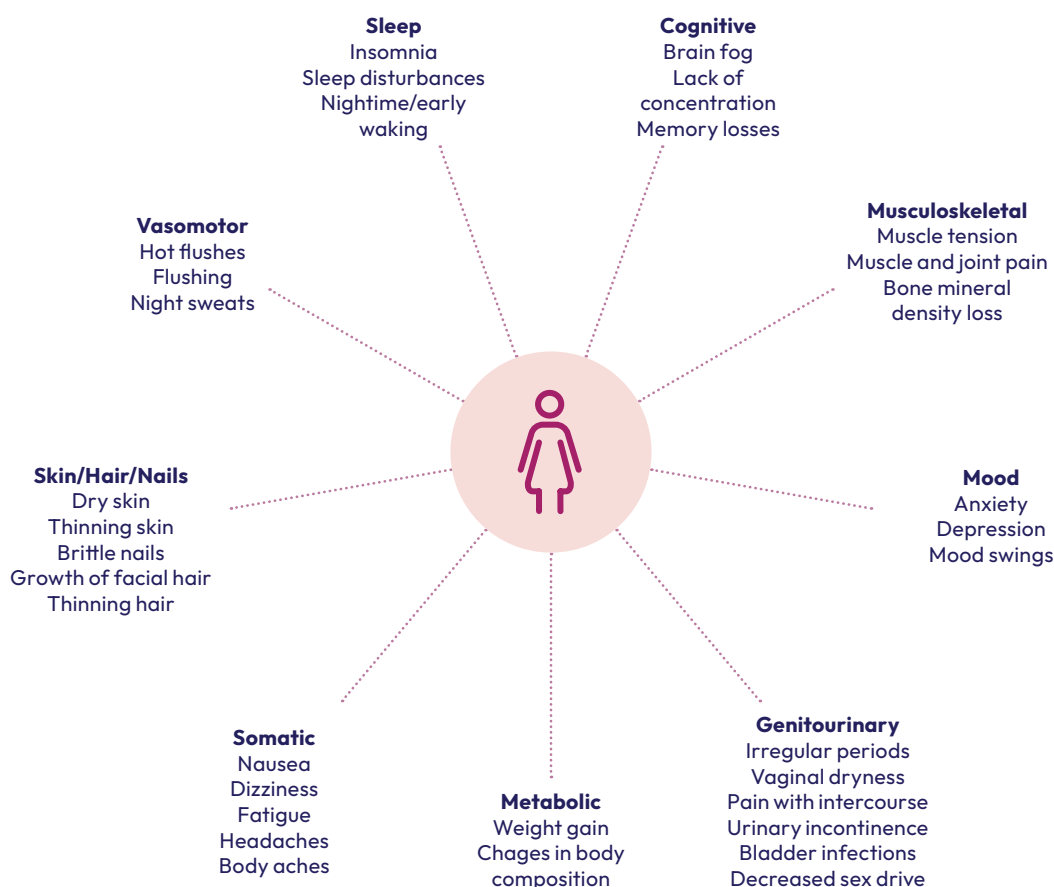
Sexual desire: Schisandra, Soy isoflavones, Shatavari, Gotu kola, and vitamin D (102-106).

Bone health: Soy isoflavones, Shatavari, Green Tea, vitamin D, calcium, magnesium (107-112).

Skin hair and nails: Soy isoflavones, vitamin A, vitamin C, vitamin E, biotin, zinc, B vitamins (113-117).

Oxidative stress: Green Tea, Soy isoflavones, Shatavari, Gotu kola, Tulsi, Rhodiola, Rosemary, Sage, vitamin A, vitamin C, vitamin E, and magnesium (118-125).

- Can safely be used in conjunction with other commonly used approaches to address symptoms of the menopause
- The ingredients in Evera Women's Balance have been investigated in numerous clinical studies and their robustness is illustrated in the outcomes of the systematic reviews and meta-analyses right:



Ingredient	Studies	Participants	Outcomes
Soy isoflavones	62	6653	Supplemental soy associated with improvement in daily hot flashes (126)
Soy/red clover	67	2232	Significant improvement in hot flash frequency (127)
Soy isoflavones	9		Reduced frequency and severity of hot flashes (128)
Soy isoflavones	11	2195	May have a beneficial effect on bone formation markers (129)
Soy isoflavones	5	425	Reduced level of depression (130)
Red Clover	8	751	Statistical relationship with reduction in hot flashes (131)
Calcium and vitamin D	18	78233	Combination has a favourable effect on bone mineral density/could prevent osteoporosis hip fracture in post-menopausal women (132)
Sage extract	4	310	Reduces frequency of menopausal hot flashes (133)
Green Tea	18	48615	Regular consumption increases bone mineral density and decreases likelihood of osteoporosis and fractures (134)
Bacopa Monnieri	9	518	Potential to improve cognition, particularly speed of attention (135)
Resveratrol	9	730	Regular consumption may improve cerebrovascular function, improve cognition, slow bone loss and reduce overall perception of pain experienced in post-menopausal women (136)
Co Q10	13	1126	Safe and effective for reducing fatigue symptoms (137)
Ashwagandha	5	260	Reduces serum cortisol levels and clinically relevant stress scale scores (138)
Hops	4	340	Can be used as alternative treatment for vasomotor symptoms in menopause (139)

(references available upon request)

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