

# Menopause

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## What is menopause?

Menopause is the time that marks the end of a woman's menstrual cycles and fertility and is diagnosed after 12 months without a menstrual period. The ovaries no longer produce oestrogen & progesterone.



**Age:** Puberty to mid-40s

**Symptoms:** None

**Fertility:** The highest



**Age:** Mid-40s to menopause

**Symptoms:** Intense

**Fertility:** Declines rapidly



**Age:** 51 on average

**Symptoms:** Mild to intense

**Fertility:** Officially ends



**Age:** From menopause onwards

**Symptoms:** None to mild

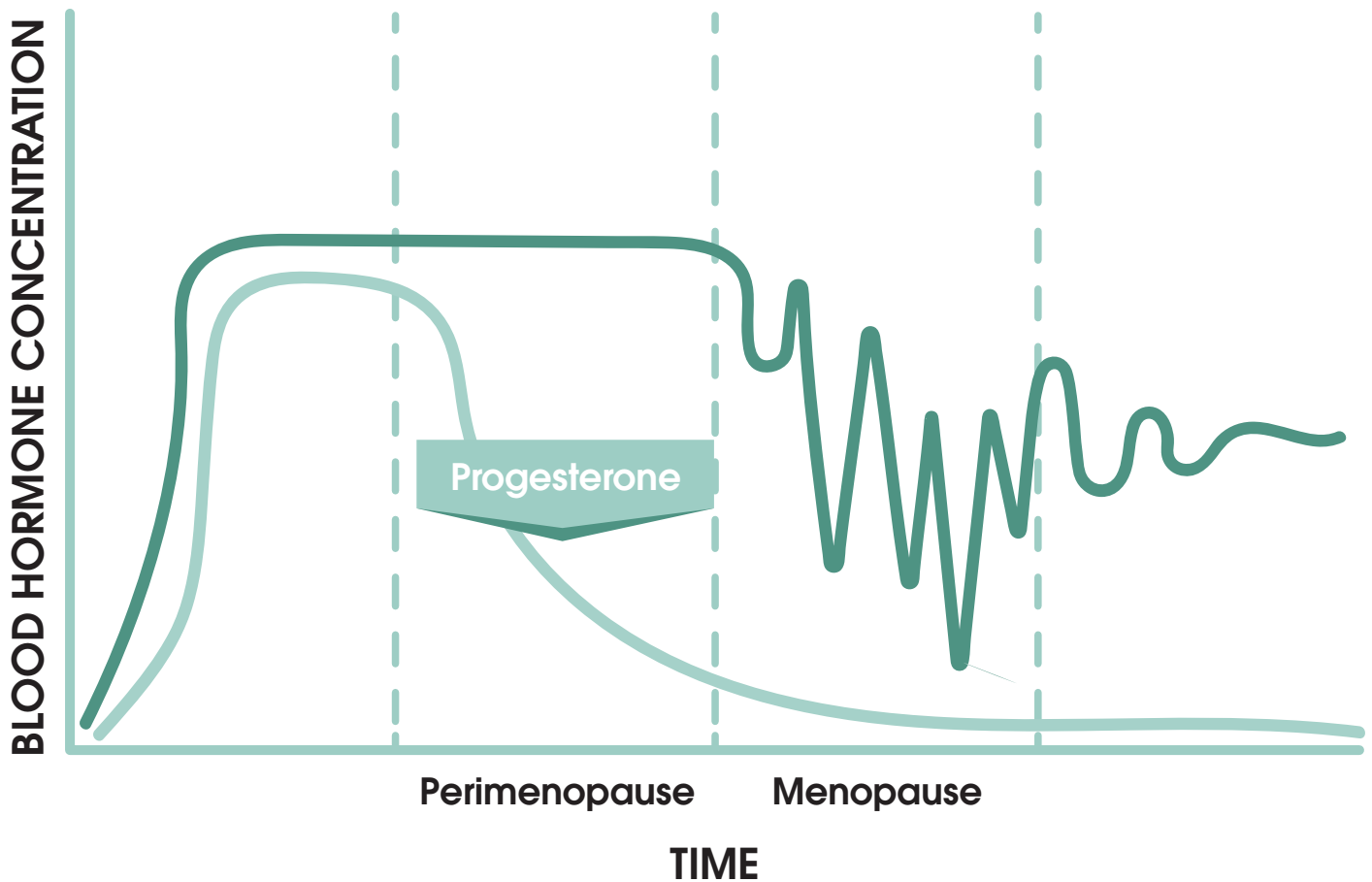
**Fertility:** Ended

# Hormones during menopause

## Oestrogen & Progesterone

**Oestrogen** (produced by the ovaries) levels in women vary throughout the lifespan in relation to a woman's reproductive history. During the menopause, **oestrogen** levels rapidly decline which can contribute to hot flashes, mood swings, vaginal dryness, hair loss or less hair growth and decline in collagen and skin thickness.

Similarly, to oestrogen, **progesterone** (produced by the adrenal glands) also plays an important role in women's health. **Progesterone** levels also decline during the menopause which can contribute to weight gain, memory loss and sometimes, allergies.



# General symptoms

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Following the depletion of oestrogen, progesterone and testosterone levels during the menopause, this may cause some of the following symptoms:

## Vasomotor symptoms

- Hot flushes
- Night sweats

## Physical symptoms

- Hair loss
- Weight gain
- Brittle nails
- Vaginal dryness
- Headaches
- Dry & itchy skin
- Irregular periods
- Loss of libido
- Osteoporosis

## Psychological symptoms

- Mood swings
- Fatigue
- Anxiety
- Irritability
- Brain fog  
(concentration & memory)

## Other symptoms

- Palpitations
- Muscle aches
- Joint pains
- Bloating

# Ingredients

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## Soy Isoflavones

Soy contains a high concentration of isoflavones, a type of plant oestrogen (known as phytoestrogen) that is similar in function to human oestrogen. It is also known as an adaptogen which helps to balance high and low oestrogen levels. It can also help with the severity and frequency of hot flushes<sup>1</sup> while improving memory and other cognitive abilities.<sup>2</sup>

## Red Clover

Red clover is a flowering plant and, like lentils and beans, is a type of legume. Like soya, red clover contains substances called isoflavones, a type of plant oestrogen (known as phytoestrogen) that is similar in function to human oestrogen. Red clover is often used to ease menopause symptoms, and in particular hot flushes and night sweats<sup>3</sup>, as well as helping to ease symptoms of osteoporosis.<sup>4</sup>

Red clover has also been linked to skin health<sup>5</sup>, hair health<sup>6</sup>, and heart health<sup>7</sup> in menopausal women. It also has the potential to help ease other symptoms including depression, anxiety and vaginal dryness.



## References

(1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8004126/>

(2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1780039/#:~:text=Soy%20and%20red%20clover%20share,levels%20of%20daidzein%20and%20genistein>

(3) <https://pubmed.ncbi.nlm.nih.gov/26471215/>

(4) <https://www.nccih.nih.gov/health/red-clover>

(5) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206499/>

(6) <https://pubmed.ncbi.nlm.nih.gov/23449130/>

(7) <https://pubmed.ncbi.nlm.nih.gov/30269660/> & <https://pubmed.ncbi.nlm.nih.gov/25369831/>

# Other ingredients

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## Korean Ginseng

Korean ginseng (known as panax ginseng) is a plant that grows in Korea, China, and Siberia and is considered an adaptogen, a natural substance that is believed to stimulate the body's resistance to stressors. It can also help improve concentration, memory, immune functions, anxiety, and menopausal hot flashes.

## Ashwagandha

Ashwagandha is an evergreen shrub that grows in Asia and Africa and may be effective in helping insomnia, improving overall sleep quality and stress.



## Evening Primrose Oil

Evening Primrose Oil (EPO) is a plant native to North and South America that also grows throughout Europe and parts of Asia. Rich in Omega-6 essential fatty acids, linoleic acid and gamma-linoleic acid (GLA), EPO effectively helps to decrease the severity and frequency of night sweats.

## Flaxseed

Flaxseed is a rich source of Omega-3 fatty acid, alpha linolenic acid and fibre and can help decrease menopausal symptoms and improve quality of life.





# Other ingredients

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## Chamomile

Chamomile is an aromatic European plant of the daisy family and is known for helping sleeplessness and anxiety.

## Sage

Sage is a type of herb, high in antioxidants, which can help decrease the severity and frequency of hot flashes, night sweats, muscle & joint pain, anxiety and sleep disorders.



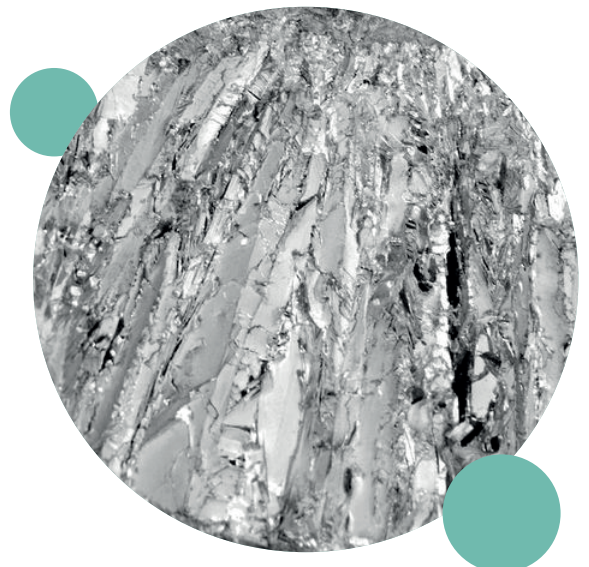
## Lemon Balm

Lemon balm is a herb from the mint family and is considered a calming herb. It can help reduce anxiety, insomnia and stress.



## Zinc

Zinc is an essential nutrient found in a variety of plant and animal foods, along with supplements, that plays a key role in skin health, immune function, cognitive function and the maintenance of normal testosterone levels.



# Other ingredients

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## Magnesium

Magnesium is seen as crucial for the brain and body with benefits including reduction of tiredness & fatigue, normal psychological function, electrolyte balance and normal muscle & bone function.

## B Vitamins

Vitamin B complex is a group of B vitamins that play a role in your body's function, including cardiovascular, hormonal activity, mental performance, cell health and psychological function.



## Vitamin D

Vitamin D helps the growth and development of bones and teeth and normal muscle function.





## About

Proto-col Menorise is a superblend of vitamins and plant extracts to help provide the body with extra nutritional support during the perimenopausal, menopausal and postmenopausal stages.

This food supplement features Soy Isoflavones, Korean Ginseng, Ashwagandha and vitamins B1, B2, B6, B12 and vitamin D3, which help regulate hormones, improve psychological functions (mood, brain fog, stress, etc) and boost energy levels. It can also help reduce the severity and frequency of hot flushes.

## Benefits

- Contributes to hormonal regulation
- Supports psychological functions (mood, brain fog, stress, etc)
- Supports energy levels
- Helps to reduce the severity & frequency of hot flushes

## Ingredients

### • Soy Isoflavones

Soy contains a high concentration of isoflavones, a type of plant oestrogen (known as phytoestrogen) that is similar in function to human oestrogen. It is also known as an adaptogen which helps to balance high and low oestrogen levels. It can also help with the severity and frequency of hot flushes<sup>1</sup> while improving memory and other cognitive abilities.<sup>2</sup>

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### • Ashwagandha

Ashwagandha is an evergreen shrub that grows in Asia and Africa and may be effective in helping insomnia, improving overall sleep quality and stress.

## Directions

Consume one capsule with water in the morning.

## Full INCI list

**Soya** (Glycine Max) Extract (10% Isoflavones), Bulking Agent (Dicalcium Phosphate), Capsule Shell (Hydroxypropyl Methylcellulose), Ashwagandha (Withania somnifera) Root Extract (2.5% Withanolides), Korean Ginseng (Panax ginseng) Stem and Leaf 35:1 Extract, Anti-Caking Agent (Magnesium Stearate), Vitamin D (Cholecalciferol), Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Vitamin B12 (Cyanocobalamin).

**Allergen advice:** For allergens, see ingredients in **bold**.



**Menorise**  
**x 30 capsules (30 day supply)**

# Menorest



Suitable for  
vegans & vegetarians.

## About

Proto-col Menorest is a uniquely formulated with vitamins, minerals and plant extracts to help provide the body with extra nutritional support during the perimenopausal, menopausal and postmenopausal stages.

This food supplement features Red Clover, Evening Primrose Oil, Flaxseed, Chamomile, Sage, Lemon Balm, Zinc, Magnesium, Folic Acid and vitamins B3 & B5, which helps to reduce tiredness & fatigue, improve mental performance and contributes to normal testosterone levels. It can also help reduce the severity and frequency of hot flushes and night sweats.

## Benefits

- Helps to reduce hot flushes & night sweats
- Helps reduce anxiety, insomnia & stress
- Reduces tiredness & fatigue
- Improves mental performance
- Contributes to normal testosterone levels

## Ingredients

### • Red Clover

Red Clover is a flowering plant and like soya, red clover contains substances called isoflavones, a type of plant oestrogen (known as phytoestrogen) that is similar in function to human oestrogen. Red clover is often used to ease menopause symptoms, and in particular hot flushes and night sweats<sup>3</sup>, as well as helping to ease symptoms of osteoporosis.<sup>4</sup>

Red Clover has also been linked to skin health<sup>5</sup>, hair health<sup>6</sup>, and heart health<sup>7</sup> in menopausal women. It also has the potential to help ease other symptoms including depression, anxiety and vaginal dryness.

### • Evening Primrose Oil

Evening Primrose Oil (EPO) is a plant native to North and South America that also grows throughout Europe and parts of Asia. Rich in Omega-6 essential fatty acids, linoleic acid and gamma-linoleic acid (GLA), EPO effectively helps to decrease the severity and frequency of night sweats.

### • Flaxseed

Flaxseed is a rich source of Omega-3 fatty acid, alpha linolenic acid and fibre and can help decrease menopausal symptoms and improve quality of life.

### • Chamomile

Chamomile is an aromatic European plant of the daisy family and is known for helping sleeplessness and anxiety.

### • Sage

Sage is a type of herb, high in antioxidants, which can help decrease the severity and frequency of hot flushes, night sweats, muscle & joint pain, anxiety and sleep disorders.

### • Lemon Balm

Lemon Balm is a herb from the mint family and is considered a calming herb. It can help reduce anxiety, insomnia and stress.

## Directions

Consume one capsule with water in the evening.

## Full INCI list

Magnesium Citrate, Bulking Agent (Dicalcium Phosphate), Capsule Shell (Hydroxypropyl Methylcellulose), Flaxseed (Linum usitatissimum) Powder, Evening Primrose (Oenothera biennis) Seed Oil Powder, Chamomile (Matricaria recutita) Flower Powder, Lemon Balm (Melissa officinalis) Leaf 4:1 Extract, Sage (Salvia officinalis) Leaf 5:1 Extract, Red clover (Trifolium pratense, aerial parts) Extract (2.5% Isoflavones), Nicotinamide, Zinc Oxide, Anti-Caking Agent (Magnesium Stearate), Calcium D-Pantothenate, Folic Acid.



**Menorest**  
**x 30 capsules (30 day supply)**

# Frequently asked questions

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## What's the difference between Menorise and Menorest?

Due to the ever-changing hormones the body experiences during the 3 main stages of menopause (perimenopause, menopause, postmenopause) and the decline of oestrogen, progesterone and testosterone, we have created an AM (Menorise) and PM (Menorest) supplement to help support the different symptoms that may arise throughout the day (fatigue, hot flushes, mood swings, muscle aches, etc) and into the night (night sweats, insomnia, etc).

## Do I need both Menorise and Menorest?

No. We understand that menopause looks different to everyone. Although there are over 20 symptoms that comes with the different stages of menopause, not everyone experiences them – or at the same time, so we've created two different supplements that cater to the majority of symptoms. Some may only need support during the day and some may only need support during the night. See both Menorise and Menorest to determine the best supplement for you.

## Can I take them both at the same time of day?

Due to the individual vitamins and minerals in each supplement, it is best to take Menorise in the morning and Menorest in the evening.

## How long before I feel results?

Everyone's body, symptoms, and what phase of the menopause they are in, all differs. As with any supplement, it is important to allow a few weeks for levels to build in your system and the results to show. This will vary from person to person and may range between 4 to 12 weeks before noticing any changes or improvements.

## I have a Soya allergen; can I still take these?

Due to containing Soya we recommend not taking Menorise, however, as Red Clover is allergen-free, you can choose to take Menorest instead.

## Are there any side effects?

There are no known side effects.