



Soy and Red Clover Food Supplement, promotes the well-being of women in menopause.

DESCRIPTION

Ingredients

Red clover (*Trifolium pratense* L.) is tit. 8% in isoflavones, Soy (*Glycine Max* L.) is tit. 50% in isoflavones, Metolose®, Ecologic500 *Bifidobacterium infantis*, *Bifidobacterium lactis*, *Bifidobacterium longum*, *Enterococcus faecium*, *Lactobacillus acidophilus*, *Lactobacillus lactis*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus salivarius*, corn starch, cellulose, maltodextrins, inulin, , Anti-caking agents: silicon dioxide, vegetable magnesium stearate, potassium chloride, magnesium sulphate, vanilla powder. Coating: E1420, E553b, E22, E122.

Instructions for use

One tablet once a day.

Bibliographic Notes

Soy isoflavones are substances extracted from soy proteins that have a structure similar to that of estrogens, even emulating their physiological actions.

The study of these substances and their application was prompted by the observation that Asian women have fewer problems related to menopause. Comparative studies have shown that by administering isoflavones for about three months, significant improvements in symptoms are achieved, while the first benefits begin to appear within a month.

The recommended dosages vary between 60 and 80 mg per day, since they have a higher estrogenic activity than other phytoestrogens. Although with less affinity, they bind to the estrogen receptor, forming a receptor complex that functions in a similar way to them.

Many of the healthy properties of isoflavones are attributed to the estrogenic action of genistein and daidzein, the two most important isoflavones due to their interaction with estrogen receptors distributed throughout the body.

Genistein has 7 times more estrogenic activity than daidzein.

Naturally occurring isoflavones undergo a series of transformations when they enter the digestive system, making them usable by the body: that is, bioavailable. This is a fundamentally important step, since the active compounds are not those present in plants, but rather the relative metabolites, that is, the





molecules produced by our body from the plant precursor. In nature, a large part of phytoestrogens are linked to a sugar molecule, forming the so-called inactive glycosides (glycones). Only when the sugar is eliminated, through the lytic action of the bacterial flora present in the intestine, do these compounds (aglycones) acquire all the nutritional characteristics that distinguish them.

Red clover is considered to be the plant with the most complete content of estrogens: its four isoflavones, in fact, have a unique and very important role in the biology of the human organism. This activity makes it a reliable natural candidate for hormone replacement therapy during menopause.

The plant phytocomplex is mainly characterized by substances of iso avonic nature, considered responsible for the phytochemical profile of the plant: significant amounts of formononetin and biocyanin A, genistein and daidzein are present. Significant amounts of vitamin E have also been detected in this phytocomplex.

Pharmacological and clinical studies indicate that the isoflavones in *Trifolium pratense* are active on vasomotor symptoms of menopausal syndrome and influence, by balancing, the concentration of sexual hormones in women during the peri-menopausal period.

Positive observations were also made regarding the modification of bone density, with a reduction in bone mass loss as a result of the prolonged administration of standardized extracts of Red Clover and Soy.

Last but not least, is the influence on the lipid and cardiovascular picture complementary to menopause: treatment with Red Clover extracts contributes to the prevention of cardiovascular risk associated with hormonal imbalance.

