



# Menopeace

Celebrate change,  
breeze through  
menopause

TAKE A NATURAL PATH  
TO MENOPAUSE  
WITH MENOPEACE.

## Ingredients

Two vegetable capsules contain:

Red clover (40% isoflavones) .....	150 mg
Dong quai (1% ligustilide) 20:1 p.e. ....	250 mg
Black cohosh (2.5% triterpene)15:1 p.e.....	60 mg
Chaste tree berry (0.5% agnuside, 0.6% aucubin) 25:1 p.e.....	250 mg
Dandelion (3% flavanoids) 10:1 p.e. ....	125 mg
Wild yam (16% disgenine) 25:1 p.e.....	50 mg

p.e. = powdered extract  
Non-irradiated product

Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- HPLCs with Diode Arrays UV-VIS Detectors / Refractive Index Detectors
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- UV/VIS Spectrophotometer
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration



MENOPEACE

Sold exclusively to finer health food stores  
[www.newrootsherbal.com/store](http://www.newrootsherbal.com/store)



MENOPEACE helps you smoothly pass through the natural life process of menopause by easing the hormonal ups and downs that can occur during this stage in a woman's life.

## The meaning of menopause.

Menopause represents the end of menstruation. It can last several years, and the typical North American diet and lifestyle can contribute to making this a difficult transition in a woman's life. **Menopeace** can help make menopause a pleasant transition.

DIET AND LIFESTYLE  
ARE ENORMOUSLY  
IMPORTANT IN PASSING  
THROUGH MENOPAUSE  
AS PAINLESSLY AS  
POSSIBLE.

### Common conditions associated with menopause:

- Hot flashes
- Night sweats
- Palpitations
- Insomnia
- Vaginal dryness and thinning
- Depression

MENOPEACE addresses the many physical and psychological dimensions of menopause. Breeze through menopause peacefully and naturally with MENOPEACE.

### MENOPEACE contains:

#### Red Clover (40% Isoflavones)

The isoflavones in red clover act as adaptogens, exerting a mild estrogenic effect. If your estrogen levels are low, as in menopause, they gently raise them, but if they are too high, as in breast cancer, they lower them by stealing receptor sites from your own more powerful estrogen. Studies have shown red clover isoflavones to help not only with hot flashes, but also with vaginal dryness and thinning. A recent study has also found that the isoflavones found in red clover may have cardiovascular benefits for menopausal women.

#### Dong Quai (1% Ligustilides)

Dong quai's role as a cardiovascular and hormonal tonic, as well as a nervine, make it a useful herb in any menopause formula. Lacking any estrogen properties itself, dong quai is high in plant estrogens and can relieve many of the symptoms associated with menopause, including hot flashes. It also normalizes hormones through its action on blood vessels, the liver, and the endocrine system.

#### Black Cohosh (2.5% Triterpenes)

Known not to have estrogenic properties, this herb continues to outperform estrogen therapy in the treatment of menopause. It is effective against hot flashes, sweating, heart palpitations, and vaginal thinning and drying. Studies have also shown black cohosh to be effective in treating nervousness, irritability, depression, anxiety, and sleep disturbances that can also accompany menopause. Black cohosh

shares with isoflavones the advantage over estrogen therapy of not stimulating breast tumours: quite the opposite, it markedly inhibits them.

#### Chaste Tree Berry (0.5% Agnusides)

The queen of female tonics, this herb is the great hormone balancer: it balances the ratio of estrogen to progesterone and so helps treat some of the underlying causes of many of the uncomfortable symptoms of menopause. Chaste tree berry is also a rich source of vitamins and minerals, and has been studied for its diuretic action that may promote healthy fluid balance in the body.

#### Dandelion (3% Flavonoids)

The liver is an important organ for the production, regulation and detoxification of hormones, so dandelion, a major liver herb, is a valuable addition to a menopause formula.

Dandelion is a great herb for cleansing and toning the liver. In some women, the liver becomes overstressed and doesn't function properly.

#### Wild Yam (16% Disgenine)

Wild yam normalizes hormone production and regulates the balance of estrogen and progesterone, making it a useful herb for menopause.

### Suggested Use

Take 2 capsules daily before meals.

### Warning

Consult a health care practitioner prior to use if you are pregnant or breast-feeding.

**Keep out of reach of children.**

### References

Fugate SE, Church CO. "Nonestrogen treatment modalities for vasomotor symptoms associated with menopause". *The Annals of Pharmacotherapy*. Vol. 38, No. 9, 2004, pp. 1482-1499

van Die MD, Burger HG, Teede HJ, Bone KM. "Vitex agnus-castus (Chaste-Tree/Berry) in the treatment of menopause-related complaints". *J Altern Complement Med*. 2009 Aug;15(8):853-62.

