FEMINORM® PRODUCT GROUP
Meet the menopause with confidence!

Feminorm and Feminorm Duo represent clinically supported, natural products developed specially for menopause women to maintain and enhance well being, health and quality of life.

**FEMINORM® Capsules**

*Overcome menopause*

**What is Feminorm?**
A natural product for women, safe alternative to the hormone replacement therapy for menopausal disorders.

**What does Feminorm contain?**
The active ingredients of Feminorm are natural phytoestrogens. Each capsule contains 250mg standardized extract of Trifolium pretense (Red clover), having four isoflavones, genistein, daidzein, biochanin and formononetin. The biologically active ingredients are naturally occurring plant compounds, which are not chemically synthetized.

**How does Feminorm work?**
Phytoestrogens in Feminorm are structurally and functionally similar to the body’s natural hormone estrogen. They selectively bind to estrogen receptors and stimulate their activity without suppressing the production of estrogens in the organism. They restore the favorable hormone balance and eliminate menopausal disorders. Feminorm increases bone density, improves the elasticity of the blood vessels, decreases cholesterol and prevents cardiovascular complications.

**When to use Feminorm?**
- To relieve menopause symptoms
- To decreases the risk of osteoporosis, cardiovascular diseases and atrophy of skin and mucosa
- After an operative removal of ovaries
- Premenstrual Syndrome (PMS)
- Adolescence Menstrual Disorders

**How to take Feminorm?**
Take 1 – 3 capsules daily after meal. For severe symptoms Feminorm Duo (Double Strength) is available.
What is Feminorm Duo?
A natural product, a powerful combination of phytoestrogens for women with severe menopause symptoms.

What does Feminorm Duo contain?
Feminorm Duo is a combination of the two most powerful phytoestrogens. Each capsule contains standardized extracts of:

- *Trifolium pratense* 250 mg, corresponding to 20 mg isoflavons
- *Cimicifuga* 30 mg, corresponding to 0.75 mg 27-deoxyactein

Besides the full set of isoflavons (genistein, daidzein, biochanin and formononetin), Feminorm Duo contains triterpen glycosids and other active ingredients. The process of standardization guarantees purity and effectiveness of each capsule.

How does Feminorm Duo work?
Phytostrogens in Feminorm Duo are structurally and functionally similar to the body’s natural hormone estrogen. They bind to specific estrogen receptors and stimulate their activity. The ingredients of Cimicifuga, selectively regulate luteinizing hormone (LH) secretion in climacteric women. Feminorm Duo does not decrease the production of estrogens in the organism. The ingredients mutually potentiate the effects and restore the hormonal balance in climacteric women and relieves menopausal disorders.

When to use Feminorm Duo?
Feminorm Duo is used to:

- Relieve menopause symptoms even if severe
- Decrease the risk of osteoporosis, cardiovascular diseases and atrophy of skin and mucosa
- Surgical removal of ovaries or damaged by radiation or drugs
- Switch from Hormone Replacement Therapy to Feminorm Duo
- Relieve physical and psychological symptoms in Premenstrual Syndrome (PMS)
- Help Adolescence Menstrual Disorders

How to take Feminorm Duo?
It is recommended 1 capsule twice daily after meal. Take Feminorm Duo up to 6 months at the beginning, then continue with Feminorm.
At what age should I start taking Feminorm and Feminorm Duo?
It is recommended to start taking them when you feel disorders in the hormonal balance of the organism. Usually this change occurs after the age of 35 but changes are quite individual.

Can I use Feminorm & Feminorm Duo if I am still getting regular monthly periods?
Yes. Women can take Feminorm/Feminorm Duo while they are still menstruating, in the time leading up to menopause.

When will I see a difference?
You may not feel the effect immediately. This can vary from person to person. Women experiencing a reduction in symptoms will usually notice this within 4 weeks of daily use of Feminorm. However, Feminorm Duo is more powerful and usually 2 weeks are necessary to notice the difference.

What are the scientific evidences of the products?
A great number of clinical trials have been conducted in thousands of women all over the world with these products. Trials have demonstrated that the use of these phytoestrogens may reduce the menopausal complaints by 70%, bone density by 49% and the risk of cardiovascular diseases by 20%.

Are there any side effects of Feminorm & Feminorm Duo?
Phytoestrogens are safe and side effects are not observed, making them ideal alternative to Hormone Replacement Therapy (HRT).

Who should not take Feminorm & Feminorm Duo?
Not to apply during pregnancy, lactation and in children.

Why are Feminorm & Feminorm Duo so special?
Feminorm, containing four isoflavons (all necessary) is the most complete source of phytoestrogens. In difference, soya and the other phytoestrogens contain only two isoflavons. Scientific evidences have proven that four isoflavons should be taken together in order to obtain a complete effect. In addition Feminorm Duo contains triterpen glycosides and other active ingredients, potentiating the effect. At present, Feminorm Duo is the most powerful phytoestrogen in the market.
**Can I change from HRT to Feminorm & Feminorm Duo?**

It is anticipated that some time will be needed to allow the body to adjust to the change from synthetic hormones to the natural phytoestrogens. The following approach is recommended:

- Take both HRT and Feminorm Duo (one capsule daily) together for a period of time, before gradually reducing the dose of HRT.
- Stop HRT and start Feminorm Duo twice daily.
- When menopause symptoms are managed start Feminorm Duo one capsule daily.

However, there may be significant menopause symptoms associated with an abrupt changeover until the patient adjusts.

**Feminorm & Feminorm Duo recommendation of use in menopause**

<table>
<thead>
<tr>
<th>Mild Symptoms</th>
<th>Moderate Symptoms</th>
<th>Severe Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Initial</strong></td>
<td><strong>Initial</strong></td>
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<tr>
<td>Feminorm Duo</td>
<td>Feminorm Duo</td>
<td>Feminorm Duo</td>
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<tr>
<td>2 x 1 capsules daily (1 month)</td>
<td>2 x 1 capsules daily (3 months)</td>
<td>2 x 1 capsules daily (6 months)</td>
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<tr>
<td><strong>Maintenance</strong></td>
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<tr>
<td>Feminorm</td>
<td>Feminorm</td>
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</tr>
<tr>
<td>2 x 1 capsules daily</td>
<td>2 x 1 capsules daily</td>
<td>2 x 1 capsules daily + Vivatonin</td>
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</tbody>
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*In cases of insomnia and anxiety*

*To decrease the risk of osteoporosis take Osteobor Forte 1 capsule daily.*

**Feminorm®** is a trade mark of BOROLA. The product has been manufactured in compliance with the highest GMP standards. Store at a dry place and a temperature below 25° C. Do not leave reach of children. Feminorm и Feminorm Duo are food supplements.
MENOPAUSE

What is “climacteric”? 
Climacteric is a natural period in women’s life. It is individual and generally occurs in the interval of the age 40-60. It is mostly due to the reduced ovaries function and the reduced female sex hormones (estrogens) level. This leads to some changes in female organism and to subjective complaints.

What are the phases of the climacteric? 
Climacteric is a transition from reproductive to advanced age and has 3 phases:
- Pre-menopause – menstrual periods start changing and hormone production progressively declines.
- Menopause – the time when there has been no menstrual periods for 12 consecutive months. It is the end of fertility, the end of the childbearing years. The falling estrogen levels commonly result in a spectrum of physical and psychological disorder. Menopause usually occurs between the ages of 45 to and the average age is 51.
- Post-menopause – when the organism is already adapted to the new conditions

What are the menopausal symptoms? 
Unpleasant symptoms are observed in 85% in the women in menopause. The most frequent complaints are: hot flushes, night sweats, mood swings and irritability. Genital atrophy and urinary symptoms lead to vaginal dryness cystitis, urinary incontinence etc. Other symptoms associated with menopause include: reduced libido, insomnia, headache, inability to concentrate, anxiety etc. The symptoms may have profound effect on the well-being and quality of life of menopause women.

What is premature menopause? 
Menopause occurs prematurely in 1% of women who are less than 40 years old. The tragedy of premature menopause is the unexpected loss of fertility in otherwise healthy young women. All the long-term effect of menopause commences at an earlier age and therefore these women are at increased risk of osteoporosis and cardiovascular disease.

What are the long-term health implications of menopause? 
Many women are also unaware that decreasing oestrogen levels can have a less obvious but more harmful effect on the body, such as an
increased risk of osteoporosis (bone loss), high cholesterol and cardiovascular disorders.

Is there a solution of the problem menopause?
Yes. You have two choices – hormone replacement therapy (HRT) with synthetic hormones or natural products (phytoestrogens), similar to female sex hormones.

What are the dangers of the hormone replacement therapy?
Synthetic hormones successfully prevent menopausal disorders but they have several contraindications and health risks as breast cancer, cardio-vascular diseases, thrombo-embolic complications and others.

Why growing number of women now prefer natural products?
After publishing the results of large scale international trials (2002), stating that HRT increases the risk of breast cancer, cardio-vascular and other complications, the specialists started looking for a reasonable alternative. Phytoestrogens as Feminorm and Feminorm Duo have an effectiveness as estrogens but there are no contraindications and undesirable effects. That is why women in menopause and physicians demonstrate their preferences to natural preparation.

Useful advice how to overcoming menopause
- Consume healthy foods rich in calcium and vitamins
- Do not abuse with alcohol, coffee and fizzy drinks
- Avoid tobacco smoking
- Move actively
- Start prophylaxis on time (age of 35 - 40 )
- Take regularly Feminorm and Osteobor Forte

For consultations with a medical specialist, please, refer to Clinic Borola, 52 Tzar Simeon Street, Sofia 1202, Bulgaria.
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