



Active-Meno

Soja-Isoflavones

+ Calcium + Vitamin D₃

*lactose- &
gluten-free*

Well-being during and after the menopause

The menopause – a natural process in a woman's body

Menopause is the episode of a women's life which signals the end of fertility. It is characterized by a fall in the production of sexual hormones, which is responsible for the appearance of mild to severe signs such as mood changes, increased stress, night sweats and hot flashes.

Although going through menopause like any other women, women living in Asia curiously do not experience such discomfort. Their luck might be explained by the fact that their diet is rich in soja which is an excellent source of isoflavones.

The combination makes the difference!

The **Active-Meno tablets from Doppelherz®** contain a special combination of 500 mg Calcium, 5 µg Vitamin D₃, B-Vitamins and 50 mg Soja Isoflavones that covers increased nutrients needs and contributes to the well-being of women during and after menopause.

Soja isoflavones are antioxidant that exert cell-protecting effects and may improve arterial health. They are also known as "phytoestrogens" due to their structural similarities with estrogen and their hormone-like activities. They were indeed shown through several clinical studies to reduce the incidence of menopausal symptoms such as hot flashes. Soja isoflavones might also be beneficial to bone metabolism, especially when combined with high intakes of calcium and vitamin D₃. Each **Active-Meno tablet of Doppelherz®** contains 50 mg isoflavones brought by 125 mg Soja concentrate.

Calcium is an essential mineral that is used by the organism to activate and support countless metabolic processes. Calcium is also the main structural constituent of the bones, assuring their strength and stability. When calcium intake through food is not sufficient, bone-calcium can be released to make it available for other purposes (metabolic processes, muscle contraction, nerve impulse conduction). Due to hormonal changes, bone calcium loss is even more pronounced during the menopause. When unattended, this might lead to bone fragility, a condition called osteoporosis.

Vitamin D₃ plays a central role in the absorption of calcium. By activating a specific calcium transporter, Vitamin D₃ allows calcium to readily cross the intestinal epithelium and reach the blood circulation. The combination of calcium with vitamin D₃ in Active-Meno ensures an optimal calcium uptake and a good supply for the synthesis of new bone tissue.

B-Vitamins play an important role in many metabolic reactions: a sufficient intake of B-Vitamins is for instance necessary to sustain energy production in the cells. B-Vitamins also allow nerve cells to grow and function properly. **Active-Meno tablets from Doppelherz®** contain 6 vitamins of the B-group, including Folic Acid and Biotin.

Vitamin B₁ is necessary for the metabolism of the nerve cells.

Vitamin B₆ is important for the energy-yielding metabolism, for the constitution of the myelin layer around the nerves and for the use of oxygen.

Folic Acid contributes with Vitamins B₆ and B₁₂ to protein metabolism, to the formation of red and white blood cells, to cell division and maturation and to oxygen transport. **Biotin** is necessary for hair and nail growth and for a normal skin.

Recommendations:

Take 1 tablet daily at meal with sufficient liquid. Do not chew. The tablets can be divided into two halves if necessary.

Do not exceed the stated recommended daily dosage. Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children.

Energetic value:

1 tablet corresponds to 1 kcal/4 kJ.

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Thank you for trust in our high quality products.

German tradition

& quality

THÀNH PHẦN:

Mỗi viên nén có chứa:

Soja-Isoflavones	50 mg	Vitamin B ₁ (Thiamine)	1.4 mg
(from Soja concentrate)	125 mg	Vitamin B ₂ (Riboflavin)	1.6 mg
Calci	500 mg	Vitamin B ₆ (Pyridoxine)	2 mg
Vitamin D ₃ (Cholecalciferol)	5 µg	Vitamin B ₁₂ (cyanocobalamin)	3 µg
Acid folic	400 µg	Biotin	150 µg

CÔNG DỤNG:

- Bổ sung isoflavone, giúp điều hòa kinh nguyệt, giúp chống lão hóa.
- Giúp bổ sung canxi và phòng ngừa loãng xương.
- Giúp làm giảm các rối loạn khó chịu tiền mãn kinh như: bốc hỏa, đau đầu, mất ngủ, thay đổi tâm sinh lý, khô âm đạo do giảm nội tiết tố.

ĐỐI TƯỢNG SỬ DỤNG:

- Dùng cho phụ nữ tuổi tiền mãn kinh, mãn kinh và sau mãn kinh.
- Dùng cho phụ nữ lão hóa sớm.

LIỀU DÙNG & CÁCH DÙNG:

Uống 1 viên/ngày, uống sau bữa ăn. Không được nhai.

Lưu ý: Không dùng quá liều chỉ định ban đầu.

Sản phẩm này không phải là thuốc và không có tác dụng thay thế thuốc chữa bệnh.

Không dùng cho người mẫn cảm với bất kỳ thành phần nào của sản phẩm.

BẢO QUẢN: Nơi khô mát, nhiệt độ không quá 25 °C. Để xa tầm tay trẻ em.

HẠN SỬ DỤNG: Xem trên hộp sản phẩm.



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