DR.VEGAN®

The menopause journey

Supporting women through perimenopause and postmenopause

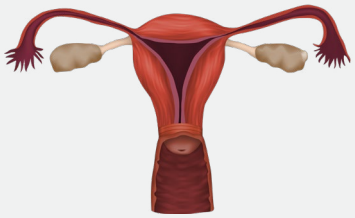
Practitioner Toolkit • *For practitioner use only*

MENOPAUSE ANATOMICAL CHANGES

Menopause is defined as the permanent cessation of menstruation resulting from the loss of ovarian follicular activity, which leads to a significant decline in the production of oestrogen and progesterone.

Perimenopause is the transitional phase leading up to menopause, marked by fluctuations in hormone levels and changes in menstrual cycles due to the gradual decline in ovarian function. During this time, women may experience irregular periods and varying symptoms as ovarian follicular activity decreases and the production of oestrogen and progesterone becomes erratic.

As ovarian reserve depletes, the hypothalamic-pituitary-ovarian axis undergoes dysregulation, leading to anovulatory cycles and fluctuating hormonal levels during the perimenopausal transition. At the point of menopause, however, hormones stay permanently low, and the rollercoaster of perimenopause calms down.



Younger vs older woman

- *The ovaries produce and release eggs, as well as the hormones oestrogen and progesterone.*
- *Uterine lining changes according to hormone level.*
- *Periods are regular.*
- *Vaginal walls are thick, lubricated and elastic.*

- *The ovaries stop making the hormone oestrogen and progesterone.*
- *Ovulation does not occur.*
- *Uterine lining stays thin.*
- *Periods do not occur.*
- *Vaginal walls become thinner, dryer and less elastic.*

30-40s
is often the starting age when women experience perimenopause symptoms.

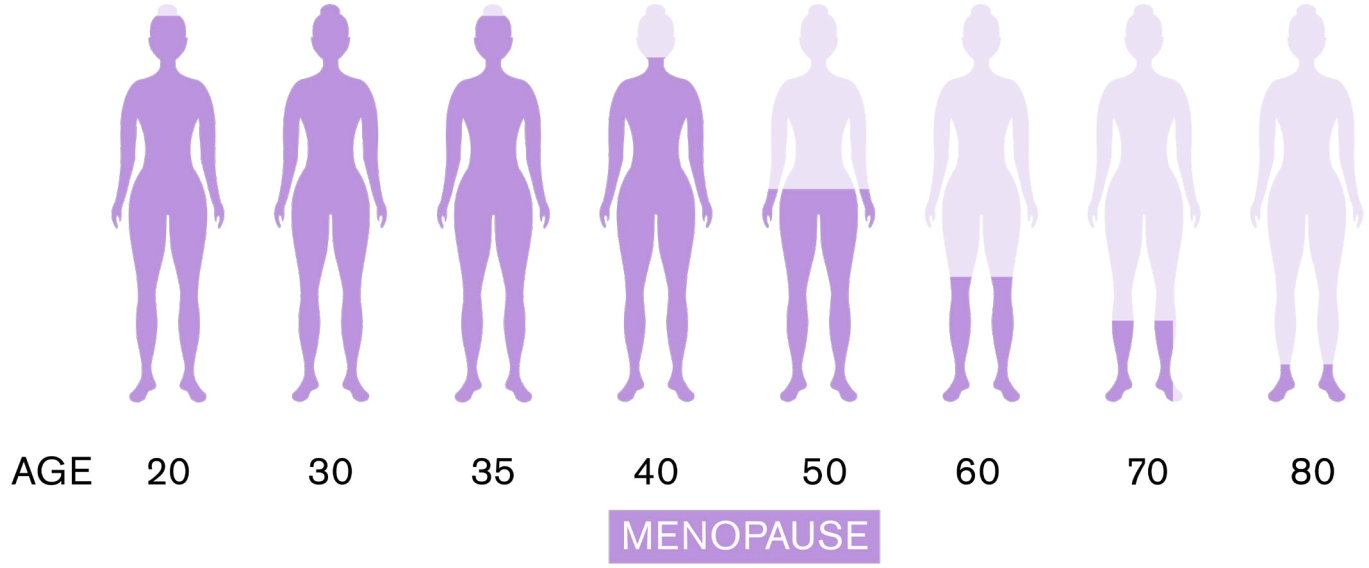
51
is the average age of menopause, but it can occur earlier or later.

12
consecutive months without a menstrual period, signals the start of Menopause.

KEY DIFFERENCES BETWEEN PERIMENOPAUSE AND POSTMENOPAUSE

	Perimenopause	Postmenopause
Hormonal activity	Hormone levels fluctuate.	Hormone levels remain consistently low.
Menstrual cycles	Irregular cycle.	Cessation of menstruation.
Fertility	Pregnancy is still possible.	Pregnancy is not possible.
Duration	Transition up until the cessation of menstruation.	Permanent state after cessation of menstruation.

OESTROGEN LEVELS BY AGE



Ovarian Failure: The ovaries gradually stop releasing eggs and producing oestrogen and progesterone. This typically begins in the late thirties or early forties, with a rapid decline in hormone production in the years leading up to menopause.

Endocrine Changes: As ovarian function declines, there is an increase in follicle-stimulating hormone (FSH) and luteinising hormone (LH) levels due to decreased negative feedback from oestrogen. FSH levels often exceed 40 IU/L during menopause.

Oestrogen Deficiency: The hallmark of menopause is hypoestrogenism, resulting in multiple systemic effects that are responsible for both short-term and long-term symptoms and health risks.

SYMPTOMS OF MENOPAUSE

Vasomotor symptoms

Hot flushes and night sweats often begin during perimenopause and can be very intense due to hormonal fluctuations. 75% of women have experienced this.*

Mood and cognitive symptoms

Mood swings and cognitive changes are common during perimenopause, often linked to fluctuating hormone levels.

Bone health issues

The risk of osteoporosis and bone fractures increases in menopause due to sustained low oestrogen levels.

Vaginal and urinary symptoms

Vaginal atrophy, dryness, and painful intercourse become more persistent due to the sustained low oestrogen levels. Increased risk of UTIs, urgency, and incontinence become more common.

Cardiovascular risk

The risk of cardiovascular disease (CVD) can start to rise during perimenopause due to the gradual loss of oestrogen's protective effects on the heart and blood vessels.

Weight gain and metabolic changes

Continued weight gain, particularly in the midsection, and an increased risk of metabolic syndrome are typical of menopause.

DR.VEGAN® MENOPAUSE SURVEY INSIGHTS

82%
of women surveyed experienced brain fog during the menopause.*

82%
of women surveyed made changes to their diet to help relieve symptoms of menopause and 66% found those changes effective.*

91%
of women surveyed noticed changes to their gut health during perimenopause and menopause.*

**Based on a UK survey conducted by DR.VEGAN® from 1,526 women, nationally representative, during January 2024. All research findings reflect our own efforts and have not been influenced or verified by any external organisations or third-party entities.*

DIETARY ADVICE

Heart-healthy fats

Cardiovascular health is a priority after menopause, as the risk for heart disease increases. Omega 3 fatty acids have heart protective properties.

Fibre

Fibre supports digestion, heart health, satiety, and weight management.

Protein

Ageing women require enough protein for muscle health. Aim for 1.0–1.2 grams per kilogram of body weight to prevent sarcopenia.

Hydration

Hydration modulates vasomotor symptoms, aids in thermoregulation and counteracts skin dryness and transepidermal water loss, caused by low oestrogen.

Phytoestrogens

Phytoestrogens mimic oestrogen and help regulate hormones.

Limit spicy foods and alcohol

These can trigger hot flushes, disrupt sleep, worsen night sweats, disrupt hormone balance and raise the risk of cardiovascular disease.

LIFESTYLE ADVICE

Weight-bearing and strength training exercises

Weight-bearing and strength training exercises are essential for musculoskeletal health, especially during and after menopause. These types of exercises include resistance training, weight lifting, and bodyweight exercises (such as squats, lunges, and push-ups), which put stress on the muscles and bones. This mechanical load stimulates muscle growth and enhances bone density, helping to maintain strength and stability.

Reducing xenobiotic exposure

This minimises the impact of environmental toxins on health for menopausal women who may be more sensitive to endocrine disruptors. kilogram of body weight to prevent sarcopenia.

Practice relaxation techniques

Active relaxation can manage stress which has a negative effect on hormones.

Stay social

A supportive network provides emotional support, reduces isolation, enhances quality of life, improve cognitive function and reduce the risk of dementia.

Support diurnal rhythms

Exposure to morning sun and regular meal timing helps regulate cortisol and melatonin production and anchors metabolic activity.

PeriMenoFriend®

A targeted blend of 22 ingredients, including botanicals, non-soy phytoestrogens and vitamins, to naturally regulate hormones.

	PER 2 CAPSULES	EC NRV %
Red Clover provided by Extract (Providing Isoflavones)	2000mg (8mg)	**
Sea Buckthorn Berry	1000mg	**
Maca Root	1000mg	**
Sage Leaf	560mg	**
Wild Yam	500mg	**
Lemon Balm	300mg	**
Dandelion Root	200mg	**
Shatavari	200mg	**
Mung Beans	120mg	**
Dong Quai	50mg	**
Ashwagandha	125mg	**
Sea Moss	100mg	**
Hops	80mg	**
Magnesium	56mg	15
Vitamin C	100mg	125
Zinc	10mg	100
Selenium	75ug	136
Vitamin B5	12mg	200
Vitamin B6	10mg	714
Vitamin K2	99ug	132
Vitamin D3	11ug	220
Vitamin B12	110ug	4400

* NRV - Nutrient Reference Value
** No NRV Established

Ingredients

Magnesium Bisglycinate, Dandelion Root Powder (*Taraxacum officinale*), Vitamin C (Calcium L-ascorbate), Mung Beans Powder (*Vigna radiata*), Sea Buckthorn Berry Extract (*Hippophae rhamnoides*), Sage Leaf Extract (*Salvia officinalis*), Lemon Balm Leaf Extract (*Melissa officinalis*), Dong Quai Root Powder (*Angelica sinensis*), Zinc Picolinate, Red Clover Extract (*Trifolium pratense*), Shatavari Extract (*Asparagus racemosus*), Carrageen Sea Moss Extract (*Chondrus crispus*), Hops Extract (*Humulus lupulus*), Maca Root Extract (*Lepidium meyenii*), Selenomethionine, Pantothenic Acid, Ashwagandha Extract (*Withania somnifera*), Pyridoxine Hydrochloride, Wild Yam Extract (*Dioscorea villosa*), Vitamin K2 (Menaquinone-7), Vegan Vitamin D3 (Cholecalciferol), Methylcobalamin, Capsule Shell (Hydroxypropyl Methylcellulose).

Free from

Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

Pairs well with

Gut Works®

Skin Saviour®

Hair Saviour®

Vegan Omega 3

Fibre Complex

pH Hero®

Directions

- Take for at least 2 months to give time for the body to adapt.
- Can also be taken over the long term.
- Take two capsules each day, together or separately, in the morning, daytime or evening.

What customers can look forward to

1-2 Weeks
Reduces tiredness, fatigue, and improves mental performance and energy levels.

3-4 Weeks
Improvement in memory, mood, and psychological function.

4-6 Weeks
Improved nutritional support for healthier skin, hair and nails.

6-8 Weeks
Hormone regulation, immunity, and healthy bones, muscles and joints.

KEY INGREDIENTS IN PERIMENOFRIEND®

Sea Buckthorn Berry is known for high nutrient content.

Hormonal balance: Sea Buckthorn Berries contain phytoestrogens. Phytoestrogens from Sea Buckthorn mediate healthy ovarian cell proliferation, positively influencing hormone levels, and reducing perimenopausal symptoms.[3]

Skin health: The berry is rich in Omega 7 fatty acids, beneficial for skin hydration and elasticity. As oestrogen levels decline, skin becomes drier and less resilient. Sea Buckthorn promotes moisture retention and reduces the appearance of fine lines[3].

Cardiovascular health: The berry's rich profile of antioxidants, including Vitamin C and flavonoids, supports cardiovascular health, combat oxidative stress and improve blood circulation. These benefits are especially important during perimenopause, when the risk of cardiovascular disease increases due to hormonal changes. Studies confirm that Sea Buckthorn can positively influence cardiovascular risk factors.[4]

Lemon Balm contains antioxidants, flavonoids and phenolic acids and modulates several biochemical pathways.

Anxiety and mood regulation: Lemon Balm possesses anxiolytic effects and improves mood stability.[15] It enhances the activity of gamma-aminobutyric acid (GABA), which inhibits excessive neuronal firing in the brain. Increased GABA promotes relaxation, reduces anxiety, and improve mood. Lemon Balm modulates the HPA axis, which plays an essential role in the body's stress response.

Sleep quality: As Lemon Balm enhances the activity of (GABA), it is beneficial for women who are struggling with sleep. This, combined with the reduction of cortisol, aids sleep induction and quality.

Shatavari contains saponins and flavonoids, which exhibit phytoestrogenic activity.

Stress response: Shatavari modulates the hypothalamic-pituitary-adrenal (HPA) axis, helps balance cortisol and improves resilience to stress.[19]

Mood and cognitive support: Shatavari possess anxiolytic effects which help alleviate anxiety and mood swings. By modulating neurotransmitter activity, Shatavari improves mood stability and enhances cognition.[20] Studies show a positive and significant effect over the placebo for reduction in hot flushes, night sweats, insomnia, anxiety, nervousness, vaginal dryness, and loss of libido.[20]

Ashwagandha modulating the HPA axis to reduce cortisol levels.

Stress and cortisol regulation: Elevated cortisol levels, often worsened during perimenopause, leads to fatigue, mood disturbances, and weight gain. Ashwagandha has been shown to reduce cortisol levels and these symptoms.[25]

Thyroid function: Ashwagandha enhances the production of thyroid hormones, which can be beneficial during perimenopause, as hormonal imbalances may impact thyroid function. Improved thyroid activity can help regulate metabolism, energy levels, and mood.[26]

Sexual function: Significant improvements in sexual arousal, lubrication, orgasm and an increase in the number of successful sexual intercourses in women taking aswagandha.[27] Ashwagandha increases dehydroepiandrosterone (DHEA), a precursor to sex hormones like oestrogen and testosterone, both of which are needed for female sexual desire and function.

Zinc plays a role in hormonal regulation, immune function and tissue repair.

Hormonal regulation: Zinc is involved in sex hormone synthesis and regulation. It helps convert cholesterol into progesterone and oestrogen.

Antioxidant protection and cellular health: Zinc is a cofactor for superoxide dismutase (SOD). As oestrogen declines, oxidative stress rises, increasing cellular ageing, increased risk of heart disease, and inflammatory diseases. Zinc's antioxidant activity protects cells from oxidation, preserving tissue integrity.

Bone health: Zinc influences osteoblast and osteoclast function. It promotes collagen synthesis in the bone matrix, which maintains bone strength and density.

Reproductive health and libido support: Declining oestrogen and progesterone often lead to reduced libido, vaginal dryness, and discomfort during intercourse. Zinc supports the production of oestrogen and helps maintain the health of the vaginal epithelium, alleviating some of these symptoms.

KEY INGREDIENTS IN PERIMENOFRIEND®

Sea Moss contains a wide range of essential nutrients.

Thyroid health and hormonal regulation: The iodine content supports the production of thyroxine (T4) and triiodothyronine (T3). Thyroid function tends to fluctuate during perimenopause, affecting metabolic rate, mood, and energy. Iodine helps normalise its function, supporting hormone regulation.

Inflammation and joint health: Sea Moss contains sulfated polysaccharides, which have many properties such as immunomodulation, antitumor, neuroprotective, antilipidemic, antidiabetic, anti-inflammatory, antioxidant, renoprotective and hepatoprotective,[28] and may improve disease risk associated with menopause.

Skin health and hydration: Sea Moss contains sulphur and other compounds known for promoting skin health by supporting collagen production, reducing inflammation, and improving skin hydration. As oestrogen declines, many women experience skin changes such as dryness, thinning, and reduced elasticity. The minerals in sea moss, particularly sulphur, may help improve these effects by promoting collagen synthesis and maintaining skin moisture levels.

Vitamin C is an antioxidant, anti-inflammatory, and collagen-promoter.

Antioxidant: Vitamin C neutralises oxidation. As oestrogen declines, oxidation rises, worsening perimenopausal symptoms. Vitamin C regenerates other antioxidants, preventing cellular damage. Elevated oxidation increases cardiovascular disease risk, osteoporosis, and cognitive decline. Adequate vitamin C reduces these risks.

Collagen synthesis and skin health: Vitamin C is essential for collagen synthesis in skin, joint, and vascular health. Low oestrogen leads to reduced collagen production, contributing to skin ageing, reduced elasticity and joint pain. Vitamin C helps maintain the structural integrity of skin, cartilage, and blood vessels.

Bone health and osteoporosis prevention: Vitamin C promotes collagen formation in the bone matrix, where it supports osteoblast (bone-building) activity. Menopause accelerates bone resorption and reduces bone mineral density (BMD). Vitamin C enhances calcium absorption and supporting collagen synthesis, providing structural for bone mineralisation.

POSSIBLE INTERACTIONS FOR PERIMENOFRIEND®

Interaction Severity

Major	Dolutegravir	Calcium may reduce blood levels of this drug. Separate PeriMenoFriend® and Dolutegravir by a minimum of 2 hours.
	Elvitegravir	Calcium may reduce blood levels of this drug. Separate PeriMenoFriend® and Elvitegravir by a minimum of 2 hours.
Moderate	Oestrogen	Wild Yam, Dong Quai, Hops, Red Clover and Sage have oestrogenic properties and may interfere with hormone therapies. Vitamin C may increase the level of oestrogen in the blood. This interaction is likely to be small. Monitor clients taking these medicines and PeriMenoFriend®.
	Anticoagulant / Antiplatelet Drugs	Dandelion, Vitamin B3 and Sea Buckthorn may increase the risk of bleeding when taken with these drugs.
	Antidiabetic Drugs	Dandelion, Ashwagandha and Sage may increase the risk of hypoglycemia when taken with these drugs.
	Glucuronidated Drugs	Dandelion may increase the clearance time of these drugs.
	Lithium	Dandelion and Shatavari may increase the clearance time of these drugs.
	Anticholinergic Drugs	Sage may decrease the effects of these drugs.
	Antihypertensive Drugs	Sage, Ashwagandha, Sea Buckthorn and Vitamin B6 may decrease the effects of these drugs.
	Cholinergic Drugs	Sage may increase the effects of these drugs.
	CNS Depressants	Sage, Ashwagandha and Hops may increase the sedative effects of these drugs.
	Warfarin	Dong Quai and Selenium may increase the effects of this drug. Vitamin C may reduce the effectiveness of this drug.
	Methotrexate	Red Clover may increase the toxic effects of this drug.
	Tamoxifen	Red Clover may interfere with the action of this drug. There is evidence for and against this interference. Until more research is done, avoid use.
	Benzodiazepines	Ashwagandha may increase the sedative effects of these drugs.
	Immunosuppressants	Ashwagandha may decrease the effects of these drugs. Selenium may decrease the effects of these drugs.
	Thyroid Hormones	Calcium may reduce the absorption of these drugs and should be taken at least 4 hours apart. Ashwagandha may increase the effects of these drugs. Sea moss may alter the effects of these drugs.
	Bisphosphonates	Magnesium may decrease the absorption of these drugs. Separate PeriMenoFriend® and Bisphosphonates by a minimum of 2 hours.
	Quinolone	Magnesium and Calcium may decrease the absorption of these drugs.

POSSIBLE INTERACTIONS FOR PERIMENOFRIEND®

Interaction Severity

Moderate	Sulfonylureas	Magnesium increases the absorption of these drugs. Separate PeriMenoFriend® and Sulfonylureas by a minimum of two hours.
	Tetracycline Antibiotics	Magnesium increases the absorption of these drugs. Zinc decreases the levels of these drugs.
	Barbiturates	Selenium may interfere with the metabolism of these drugs.
	Amiodarone	Vitamin B6 may increase the photosensitive effects of this drug. Sea Moss may cause excessively high levels of iodine when taken with these drugs.
	Hepatotoxic Drugs	Ashwagandha may increase the risk of liver damage when taken with these drugs.
	Transdermal Nicotine	Vitamin B3 may increase the risk of flushing and dizziness when taken with this drug.
	Calcipotriene	Vitamin B3 may increase the risk of flushing and dizziness when taken with this drug.
	Calcipotriene	Vitamin D taken with this drug may increase the risk of hypercalcemia when taken with this drug.
	Antithyroid Drugs	Sea Moss may alter the effects of these drugs.
	Alkylating Agents	Vitamin C may reduce the effectiveness of these drugs.
	Aluminium	Vitamin C increases the amount of aluminium absorbed.
	Antitumor Antibiotics	Vitamin C may decrease the effects of these drugs.
	Fluphenazine	Vitamin C may decrease the levels of this drug.
	Indinavir	Vitamin C may decrease the levels of this drug.
	Levothyroxine	Vitamin C may increase the absorption of this drug.
	Cephalexin	Zinc may decrease the levels of this drug.
	Cisplatin	Zinc may interfere with the effects of this drug.
	Integrase Inhibitors	Zinc may decrease the levels of this drug.
	Penicillamine	Zinc may decrease the levels of this drug.
	Ritonavir	Zinc may decrease the levels of this drug.

Drug-nutrient interactions have been taken from Natural Medicines Database October 2024. Please do your own due diligence before recommending this product to individuals taking medicines.

MenoFriend®

A targeted blend of 19 ingredients, including 6 botanicals, non-soy phytoestrogens and Vitamin B6, to naturally regulate hormones.

	PER 2 CAPSULES	*EC NRV %*
Red Clover provided by Extract (Providing Isoflavones)	2000mg (8mg)	** (**)
Wild Yam	500mg	**
Dandelion Root	200mg	**
Mung Bean	130mg	**
Sage Leaf	560mg	**
Dong Quai Root	50mg	**
Hops provided by Extract	80mg	**
Kelp	40mg	**
Maca Root	1000mg	**
Magnesium	56mg	15%
Calcium	64mg	8%
Selenium	75µg	136%
Vitamin B12	100µg	4000%
Vitamin B6	10mg	714%
Vitamin B2 (Riboflavin)	3mg	214%
Vitamin B3 (Niacin)	16mg	100%
Vitamin B5 (Pantothenic Acid)	6mg	100%
Vitamin K2 (MK-7)	75µg	100%
Vitamin D3	10µg	200%

* NRV - Nutrient Reference Value
** No NRV Established

Ingredients

Wild Yam Extract (*Dioscorea villosa)*, Organic Dandelion Root Powder (*Taraxacum officinale*), Mung Bean Powder (*Vigna radiata*), Sage Leaf Extract (*Salvia officinalis*), Dong Quai Root Powder (*Angelica sinensis)*, Red Clover Extract (*Trifolium pratense*), Hops Extract (*Humulus lupulus*), Maca Root Extract (*Lepidium meyenii*), Niacin (Nicotinamide), Selenium (L-Selenomethionine), Magnesium Citrate, Calcium Citrate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin K2 (MK-7), Kelp Extract, Vitamin B5 (Pantothenic Acid, Calcium Salt), Vitamin D3 (Cholecalciferol), Vitamin B2 (Riboflavin), Vitamin B12 (Methylcobalamin), Capsule Shell (Hydroxypropyl Methylcellulose).

Free from

Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

Pairs well with

Gut Works®

Fibre Complex

Hair Saviour®

Vegan Omega 3

Ashwagandha KSM-66®

pH Hero®

Directions

- Take for at least 2 months to give time for the body to adapt.
- Can also be taken over the long term.
- Take two capsules each day, together or separately, in the morning, daytime or evening.

What customers can look forward to

1-2 Weeks
Supports concentration, memory, and a reduction of tiredness.

3-4 Weeks
Feel a difference in mood and psychological function.

4-6 Weeks
Supports regulation of hormones and healthy hair and nails.

6-8 Weeks
Better mood, bones and muscles, joints, and mental performance

INGREDIENTS IN MENOFRIEND®

Kelp is rich in essential nutrients such as iodine, minerals, and antioxidants. It is helpful for managing menopausal symptoms due to its ability to support thyroid function, hormonal balance, and metabolic health. Kelp's high iodine content helps ensure that the thyroid gland is able to produce enough T3 and T4, improving energy levels and supporting metabolism. Thyroid hormone imbalances can worsen menopausal symptoms such as fatigue, hair thinning, and cognitive issues.

Regulating metabolism and weight: Weight gain and a slower metabolism are common in menopausal women due to changes in thyroid hormone function. Kelp may help improve these issues by supporting thyroid function and regulating metabolic rate.

Calcium is a vital mineral for bone health, muscle function, and nerve transmission and plays an important role during menopause. The increase in fracture risk in menopausal women is due to declining oestrogen levels, which directly affect bone density. The rate of bone resorption (breakdown) outpaces bone formation, increasing the risk of osteoporosis in menopausal women. Additional calcium combined with magnesium, Vitamin D and Vitamin K helps protect bones and maintain their function.

Wild Yam is a source of diosgenin, a phytoestrogenic steroidal saponin. Diosgenin does not directly convert into oestrogen, but enhances oestradiol binding to oestrogen receptor beta.[11] This allows the body to utilise its oestrogen.

Enhanced brain function: Diosgenin is a neuroprotectant and antioxidant. It can reverse anxiety and depression and improve cognitive impairment. Diosgenin restores monoamine neurotransmitters and modulates adenosine energy and its metabolites in the brain. Diosgenin normalises high cortisol levels.[12] Diosgenin has a positive effect on the cognitive function of menopausal women.[13] A pharmacological review concluded diosgenin's nontoxic nature and showed cognitive benefits for menopausal women.

Normalisation of lipid metabolism: Diosgenin normalises lipid metabolism[14] and reduces the risk of heart disease which is increased for menopausal women.

COMMON INGREDIENTS IN MENOFRIEND® & PERMENOFRIEND®

Mung Beans are rich in bioactive phytoestrogen compounds, flavonoids, isoflavones, and phenolic acids.

Neuroprotective: Mung Bean contains nineteen neuroprotective polyphenols which inhibit β-amyloidogenesis, tau hyperphosphorylation, oxidative stress, and neuroinflammation. Mung Beans also promote autophagy and acetylcholinesterase enzyme activity.[21]

Cardiovascular and metabolic health: Mung Beans have cardioprotective effects[22] and play a role in regulating insulin levels and glucose metabolism which can otherwise be negatively influenced by hormonal changes, potentially alleviating discomfort and improving mobility and pain in menopausal women.[18]

Sage contains flavonoids, diterpenes, and essential oils which acts through mechanisms that alleviate vasomotor, cognitive, and mood symptoms.

Regulation of thermoregulation: Sage inhibits the enzyme acetylcholinesterase, leading to increased levels of acetylcholine, a memory and cognition neurotransmitter,[9] alleviating brain fog and memory lapses in menopausal women.

GABAergic activity: Sage also influences the GABA (gamma-aminobutyric acid) system, which regulates mood. GABA promotes calmness and reduces anxiety and irritability.[10]

Dandelion is rich in flavonoids and phenolic acids.

Hormonal modulation: Dandelion upregulates hormone receptors, influences oestrogen metabolism and improves the body's response to oestrogen and progesterone.[16]

Antioxidant properties: Dandelion may help improve overall well-being during this transition by reducing oxidative damage.[17]

Anti-inflammatory: The bioactive compounds in Dandelion inhibit pro-inflammatory cytokines, potentially alleviating discomfort, and improving mobility and pain in menopausal women.[18]

Dong Quai contains coumarins, ferulic acid, and flavonoids all with phytoestrogenic properties and its ability to modulate various hormone-related pathways.

Blood flow and vasodilation: Ferulic acid has vasodilatory properties and increases the bioavailability of nitric oxide (NO).[23] By enhancing vasodilation, Dong Quai may reduce hot flushes, which are caused by the sudden dilation of blood vessels in the skin, triggered by decreased oestrogen.

Hormonal modulation: Dong Quai effects the hypothalamic-pituitary-ovarian axis and modulates levels of luteinizing hormone (LH) and follicle-stimulating hormone (FSH), which become dysregulated during menopause.

Bone health: Ferulic acid inhibits bone resorption and supports osteoblast (bone-forming cell) activity, contributing to better bone health in menopausal women.[24]

Hops extract contains 8-prenylnaringenin (8-PN), which is effective at binding to oestrogen receptor alpha (ERα) found in the uterus, breasts, bones, and the brain.

Thermoregulation: Hops extracts help stabilise fluctuations by acting on ERα receptors, reducing the severity and frequency of hot flushes.[29]

Mood regulation: Hops extract has sedative and mood-stabilising properties due to the compounds xanthohumol and humulone, which influence GABA pathways.

Bone health: 8-PN also stimulates osteoblast activity and is particularly beneficial for women who partake in weight-bearing exercise.[30] Daily intake of a hop extract exerted favourable effects on vasomotor symptoms and other menopausal discomforts.[31]

Vitamin D3 and **Vitamin K2** are essential for bone and cardiovascular health.

Bone health: Vitamin D3 is essential for calcium absorption and maintaining adequate serum calcium and phosphate levels, which are critical for bone mineralisation. Vitamin K2 activates proteins that help bind calcium to the bone matrix, promoting bone density. The activation of matrix Gla-protein (MGP) by K2 helps prevent arterial calcification and promotes bone health, making it a vital nutrient in postmenopausal osteoporosis.

Cardiovascular health: Vitamin D3 is involved in maintaining heart muscle function and regulating blood pressure, whereas Vitamin K2 prevents vascular calcification. Adequate levels of Vitamin D3 and K2 may reduce the increased cardiovascular risk through their roles in calcium homeostasis and vascular health.

COMMON INGREDIENTS IN MENOFRIEND® & PERMENOFRIEND®

Red Clover has a high content of phytoestrogenic isoflavones which bind to the oestrogen receptor beta (ERβ). The phytoestrogens in red clover, specifically formononetin, biochanin A, daidzein, and genistein act as selective oestrogen receptor modulators (SERMs), meaning they can bind to oestrogen receptors in various tissues, mimicking oestrogen's effects without fully activating oestrogen-dependent pathways. ERβ is found in tissues such as the brain, bones, heart, and vascular system. This selective action allows for symptom relief without the risks associated with oestrogen dominance in tissues like the breast and uterus.

Reduction of vasomotor symptoms: Red Clover works on the hypothalamus to regulate body temperature and helps stabilise the temperature fluctuations caused by oestrogen deficiency.

Bone health: Red Clover extract's isoflavones help prevent bone loss by binding to oestrogen receptors in bone tissue and stimulating osteoblast activity, supporting the preservation of bone density and reducing the risk of fractures without the risks associated with HRT.[1, 2]

Maca Root contains sterols, macamides, and prostaglandins, which influence the hypothalamic-pituitary-adrenal (HPA) axis to regulate hormonal balance. By stabilising the function of the HPA axis, maca helps regulate the production of various hormones, including adrenaline, cortisol, and thyroid hormones, which can be imbalanced during menopause. Rebalancing these hormones can address symptoms related to stress, anxiety, and mood. Maca has adaptogenic effects, enhancing the body's ability to respond to hormone fluctuations rather than acting directly on oestrogen receptors.

Enhancing libido and sexual function: One of the most well-known benefits of maca root is its ability to improve libido and sexual function in menopausal women. Maca acts on the dopaminergic system and increases the release of dopamine, an important neurotransmitter for sexual desire.[5] Maca improves vaginal dryness and low energy levels, two factors that contribute to diminished sexual function during menopause.[6]

B Vitamins are essential for energy metabolism, cognitive function, mood regulation, and the maintenance of hormonal balance.

Energy metabolism: B Vitamins are needed to convert macronutrients into energy, and are especially important during menopause, as hormonal fluctuations can lead to fatigue and decreased energy levels.

Hormonal regulation: B Vitamins regulate oestrogen and progesterone and are needed for the conversion of tryptophan to serotonin.

Cognitive function: B Vitamins are essential for brain health and cognitive function as they are involved in neurotransmitter synthesis and regulation, essential for mood stability and mental clarity.

Magnesium plays a role in hormonal balance, bone health, nervous system function, and metabolism. Declining oestrogen levels exacerbate magnesium deficiency, worsening fatigue, mood, sleep, and bone loss.

Mood and sleep regulation: Magnesium acts as a cofactor in enzymatic reactions that support the synthesis of serotonin, a neurotransmitter essential for regulating mood. Oestrogen and progesterone fluctuations disrupt serotonin levels, causing mood swings, anxiety, and depression. By modulating the hypothalamic-pituitary-adrenal (HPA) axis, Magnesium balances neurotransmitters and improves the body's stress response.

Bone health: Magnesium is crucial for regulating calcium absorption and promoting bone formation. Menopausal women are at increased risk of bone loss. Magnesium also activates Vitamin D, essential for bone mineralisation.

Selenium is necessary for optimal thyroid function. It forms part of selenoproteins and antioxidant enzymes like glutathione peroxidases. Oxidative stress increases during hormonal shifts, making Selenium beneficial.

Thyroid support and metabolism: Selenium supports the conversion of T4 into T3. Proper thyroid function regulates metabolism, alleviating weight gain, fatigue, and mood changes caused by hormonal imbalances.

Immune system support: Hormone decline is accompanied by reduced immunity. Selenium promotes the production and activity of T-cells and natural killer (NK) cells.

Bone health: Selenium modulates the bone remodelling process, influencing the activity of osteoblasts and osteoclasts. This supports bone density and strength.

POSSIBLE INTERACTIONS FOR MENOFRIEND®

Interaction Severity

Major	Dolutegravir	Calcium may reduce blood levels of this drug. Separate MenoFriend® and Dolutegravir by a minimum of 2 hours.
	Elvitegravir	Calcium may reduce blood levels of this drug. Separate MenoFriend® and Elvitegravir by a minimum of 2 hours.
Moderate	Oestrogen	Wild Yam, Dong Quai, Hops, Red Clover and Sage have oestrogenic properties and may interfere with hormone therapies. This interaction is likely to be small. Monitor clients taking these medicines and MenoFriend®.
	Anticoagulant / Antiplatelet Drugs	Dandelion, Vitamin B3 and Kelp may increase the risk of bleeding when taken with these drugs.
	Antidiabetic Drugs	Dandelion and sage may increase the risk of hypoglycemia when taken with these drugs.
	Glucuronidated Drugs	Dandelion may increase the clearance time of these drugs.
	Lithium	Dandelion may increase the clearance time of these drugs. Monitor thyroid levels of people taking both kelp and lithium.
	Anticholinergic Drugs	Sage may decrease the effects of these drugs.
	Antihypertensive Drugs	Sage and Vitamin B6 may decrease the effects of these drugs.
	Cholinergic Drugs	Sage may increase the effects of these drugs.
	CNS Depressants	Sage and Hops may increase the sedative effects of these drugs.
	Warfarin	Dong Quai and Selenium may increase the effects of this drug.
	Methotrexate	Red Clover may increase the toxic effects of this drug.
	Tamoxifen	Red Clover may interfere with the action of this drug. There is evidence for and against this interference. Until more research is done, avoid use.
	Amiodarone	Kelp when combined with this drug may lead to excessive iodine levels.
	Antithyroid Drugs	Kelp may interfere with the effects of these drugs.
	Thyroid Hormones	Kelp may interfere with the effects of these drugs. Calcium and Vitamin B3 may reduce the absorption of these drugs and should be taken at least 4 hours apart.
	Bisphosphonates	Magnesium may decrease the absorption of these drugs. Separate MenoFriend® and Bisphosphonates by a minimum of 2 hours.
	Quinolone Antibiotics	Magnesium and calcium may decrease the absorption of these drugs. Separate MenoFriend® and Quinolone antibiotics by a minimum of 2 hours.

Interaction Severity		
Moderate	Sulfonylureas	Magnesium increases the absorption of these drugs. Separate MenoFriend® and Sulfonylureas by a minimum of two hours.
	Tetracycline Antibiotics	Magnesium increases the absorption of these drugs. Separate MenoFriend® and Tetracycline antibiotics by a minimum of two hours.
	Barbiturates	Selenium may interfere with the metabolism of these drugs.
	Immunosuppressants	Selenium may decrease the effects of these drugs.
	Amiodarone	Vitamin B6 may increase the photosensitive effects of this drug.
	Gemfibrozil	Vitamin B3 may increase the side effects from this drug.
	Transdermal nicotine	Vitamin B3 may increase the risk of flushing and dizziness when taken with this drug.
	Calcipotriene	Vitamin D when taken with this drug may increase the risk of hypercalcemia when taken with this drug.

Drug-nutrient interactions have been taken from Natural Medicines Database October 2024. Please do your own due diligence before recommending this product to individuals taking medicines.

TREATMENT COMPATABILITY

Coils

PeriMenoFriend® and MenoFriend® are ok to be used alongside both the copper coils and the Mirena coil. The progesterone in the Mirena coil is metabolised through a different pathway to oral progesterone.

Combined Pill

We do not recommend taking PeriMenoFriend® or MenoFriend® with the combined pill due to interactions between the ingredients in PeriMenoFriend® and MenoFriend® which may affect the contraceptive pill.

Mini Pill

MenoFriend® and PeriMenoFriend® is often taken alongside the mini pill (progesterone only). There are a few minor drug-nutrient interactions with this combination, so we recommend taking MenoFriend® or PeriMenoFriend® and the mini pill at opposite times of the day. Customers should consult their GP or healthcare practitioners before taking supplements if they are on HRT or medication.

Hysterectomy

Consult with your clients before recommending them to take supplements if they have an existing medical condition or taking medication. A full hysterectomy would cause a person to go into surgical menopause immediately due to the removal of ovaries. The ovaries are responsible for producing oestrogen and progesterone. If you still retain your ovaries, you will experience menopause as normal.

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