



Did you know?

Promensil has been developed for women during and after menopause.

Promensil Red Clover Isoflavones have been clinically tested for efficacy and tolerance and are proven to:



- **Reduce hot flushes by 73%***
- **Reduce night sweats by 72%***
- **Target mild anxiety**

*Lipovac M et al. Gynecological Endocrinology, (2011) 1-5. Study funded by Novogen/PharmaCare Laboratories. Study conducted on 109 women, using Promensil Double Strength.

Spray away Hot Flushes with Promensil Cooling Spray

Promensil Cooling Spray provides instant relief from hot flushes and night sweats. This gentle, clinically tested cooling spray draws heat away from the skin, quickly and effectively reducing skin temperature and redness.

Instant relief for:

- ✓ **HOT FLUSHES**
- ✓ **NIGHT SWEATS**
- ✓ **REDNESS**



Recommended to use alongside the Promensil Red Clover Isoflavones supplement range. Can also be used with or without HRT.

Be your usual self with Promensil

Naturally, every woman wants to be aware of all the options available when coping with menopause. Promensil works with Healthcare Professionals worldwide to help raise awareness of the natural benefits of Red Clover Isoflavones and how they can help women, especially during and after menopause.

Feeling vibrant and self-confident is important at every stage in life. A healthy lifestyle is the secret to keeping you well in mid-life. For lifestyle advice and expert recommendations on managing the menopause visit www.promensil.co.uk.



- ✓ **Backed by over 15 years of scientific research**
- ✓ **Recommended by Healthcare Professionals**
- ✓ **Used by Women Worldwide**

With Promensil, women who prefer natural solutions for their health, believe they have found it.

Where can I buy Promensil?

Promensil is available from Boots, Holland & Barrett, independent pharmacies, health food stores and online from www.promensil.co.uk.

Further Information

If you want to know more about the health benefits of isoflavones, or about natural options for menopause, talk to your healthcare professional.

For further information on Red Clover Isoflavones or Promensil Cooling Spray, simply contact us:

Phone: 01293 850 210 **Email:** customer-services@promensil.co.uk

**Menopause?
Choose Promensil.**

"With Promensil I'm not going through the menopause alone"



Embrace the change

Menopause? Choose

Promensil.

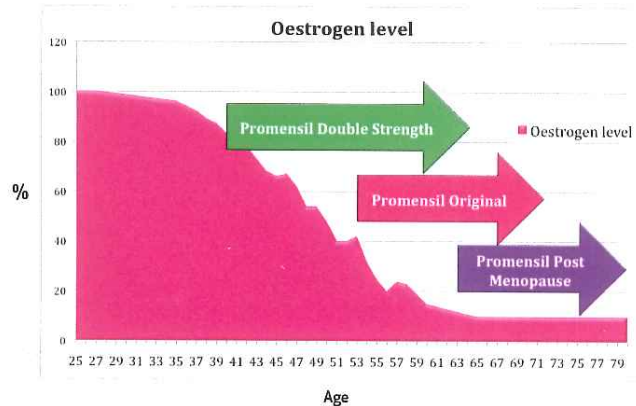
MENOPAUSE



The stages of Menopause

Every woman will experience menopause in her own unique way. For some women, menopause will be a gradual phase that is hardly noticed. For others, it can be marked with severe symptoms that make going about your daily life close to unbearable.

To help you feel your usual self and maintain well-being and quality of life throughout menopause, Promensil has developed 4 clinically researched products to provide you with the best support at each stage.



What are Phytoestrogens?

Phytoestrogens are derived from naturally occurring compounds (such as isoflavones) that have oestrogenic activity. They have a similar chemical structure to oestrogen and bind to the oestrogen receptors, acting like hormone regulators. Studies have confirmed that diets rich in Phytoestrogens can help women maintain their health, energy and vitality especially during the time of menopause. It's been shown that natural isoflavones in some foods (namely pulses and legumes, such as soya, chickpeas and other beans) can be helpful in maintaining hormonal balance.

The typical British diet contains almost no isoflavones. **Red Clover** contains twice as many types of isoflavones and in higher concentrations than soya. Supplementing with **Promensil Red Clover** can contribute towards overall well-being during and after menopause.

What is Promensil?

Promensil are leading experts in Menopause support and provide a range of Red Clover supplements and a Cooling Spray to help women during and after the menopause. The supplement range is backed by over **15 years of scientific research** and the Cooling Spray is a Class 1 medical device, providing instant relief for hot flushes and night sweats.

How do Promensil Red Clover Supplements work?

Red clover (*Trifolium pratense*) is a herbal extract, which is high in isoflavones (natural plant oestrogens). Red Clover isoflavones mimic the action of oestrogen and are widely used by women to maintain their health and vitality especially during the time of menopause. You can obtain isoflavones through diet, for example chick peas and soya milk but you would need to consume a lot to get the recommended daily intake of 40-80mg of isoflavones. This is where supplementation of Promensil can help.

How does Promensil Cooling Spray work?

The **Promensil Cooling Spray** offers instant relief from the discomfort of a hot flush or night sweats using rapid evaporation technology. This gentle, clinically tested cooling spray draws heat away from the skin, quickly and effectively reducing skin temperature and redness.



Support every step of the way:



Promensil Double Strength
80mg of Red Clover Isoflavones
Available in packs of 30 & 90 tablets



Promensil Original
40mg of Red Clover Isoflavones
Available in packs of 30 & 90 tablets



Promensil Post Menopause
40mg of Red Clover Isoflavones
with added Calcium & Vitamin D
Available in packs of 30 tablets



Promensil Cooling Spray
Instant Relief for
Hot Flushes & Night Sweats
Available in 75ml bottles

