



medex


beeharmony™

HORMONAL BALANCE

RELIEVES **MENOPAUSE** SYMPTOMS

- ✓ **ROYAL BALANCE™**
Standardized combination
of royal jelly and saffron extract
- ✓ Vitamins **K2 + D3 + E + B6**



beeharmony™

Relieves menopause
symptoms

3 stages of menopause

Perimenopause

- Decrease in estrogen and progesterone levels.
- A smaller number of eggs matures in the ovaries.
- Occurrence of symptoms (mood swings, weight gain, hot flushes, night sweats, etc.).
- Irregular menstruation (it is absent, weaker, or more frequent and heavier).
- Lasts 4 to 5 years.

Menopause or climacterium

- Period of continuous absence of menstruation for at least 12 months.
- No need to worry about getting pregnant.

Post menopause

- 12 months after the last menstrual period.
- The risk of developing osteoporosis, tumors, and heart disease increases.
- Lasts until the end of life.

Most frequent menopause symptoms

- Hot flushes
- Night sweats
- Insomnia
- Mood swings
- Irritability and sadness
- Reduced libido
- Urinary tract infection
- Vaginal dryness
- Joint and muscle pain
- Weight gain

Decrease in estrogen and progesterone levels
→ physical and mental changes affecting the quality of life



Hot flushes and night sweats

- Over 85% of women experience hot flushes during menopause
- Estrogen deficiency is the main cause of hot flushes
- A hot flush is a sudden, uncontrolled feeling of heat
- It starts on the neck and face, and is often accompanied by redness and sweating
- It is sometimes followed by a feeling of cold, lasting 1-5 minutes
- It is very important to change one's lifestyle



Vaginal dryness

- Decreased estrogen levels may also cause vaginal dryness.
- The vagina shrinks and becomes less elastic.
- Itchiness and oversensitivity.
- Sexual intercourse may be painful.
- Risks of infections increase.
- It is highly unlikely for the symptom to disappear on its own.



Urinary symptoms

- The decrease in sex hormones causes the tissue around the bladder neck to thin
- Urinary tract infection.
- A sudden need to urinate (urge incontinence)
- Coughing and running are typical triggers for unpleasant urine leakage (stress incontinence).
- Stress incontinence often affects women already in their late 40s.



Insomnia



- Sleep disorder (insomnia) causes:
 - Nocturnal urination,
 - Night sweats,
 - Stress,
 - Negative mood, sadness,
 - Joint and muscle pain.
- During the REM phase, the body loses control over body temperature and may overheat or become too cold.
- Sleepless nights cause fatigue during the day.

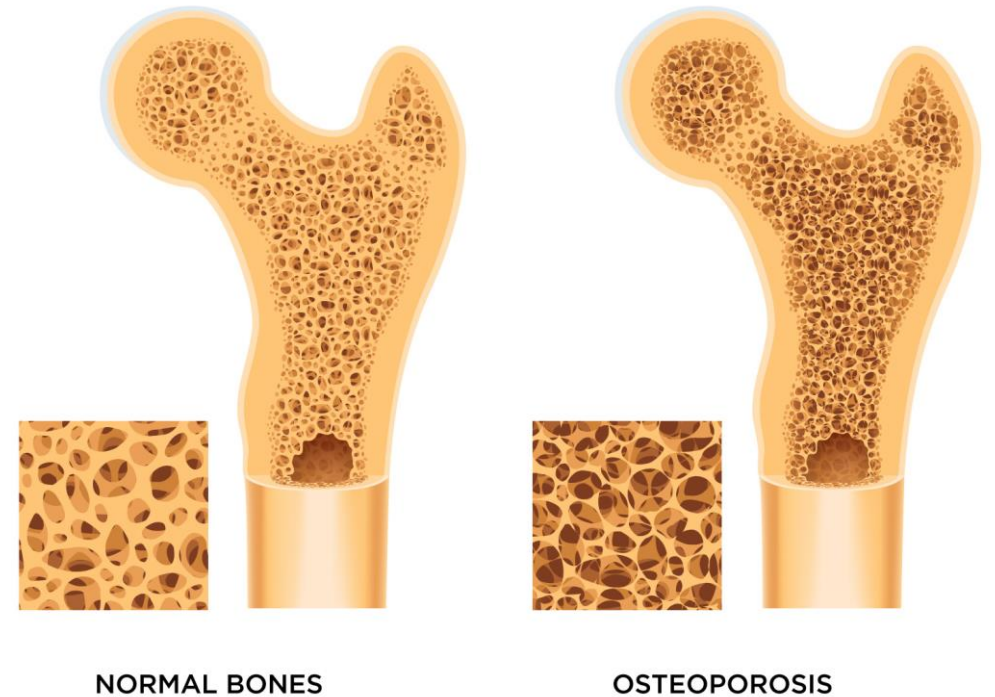
Mental health



- The drop in estrogen and progesterone levels affects hormones that regulate mood and emotions:
 - Serotonin (the happiness hormone),
 - Noradrenaline (responsible for the fight or flight response)
- Feeling sad, inner restlessness, mood swings, irritability, concentration and memory problems, decreased libido

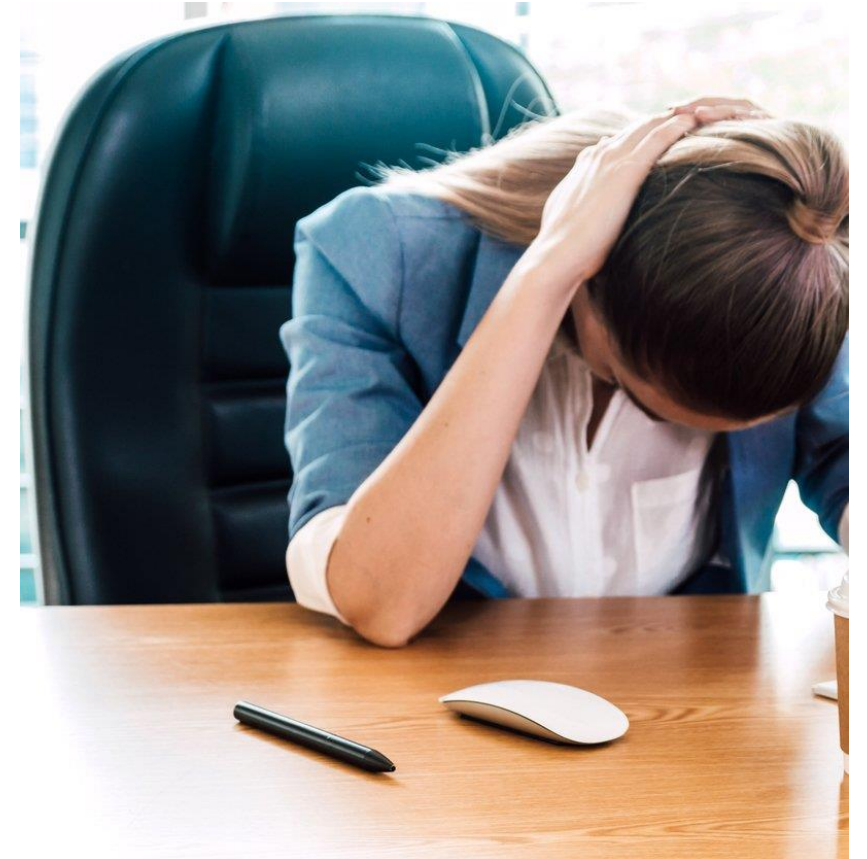
Risk of osteoporosis

- Estrogen is necessary for incorporating calcium into bones.
- In the first years after menopause, bone mass quickly decreases due to decreased estrogen levels.
- The risk of osteoporosis increases.
- Of all patients with osteoporosis, 80% are women.
- After the age of 50, every third woman breaks a bone due to osteoporosis.



PMS and hormonal imbalance

- Approximately 75% of women of child-bearing potential notice PMS.
- It occurs during ovulation and the onset of menstrual bleeding.
- Excess estrogen, and progesterone deficiency.
- Many emotional and physical symptoms: bloating, mood swings, food cravings, weight gain, abdominal pain, headaches, breast tenderness, and decreased libido.
- It most often occurs in women in their late 20s or 30s, who gave birth at least once.



How to alleviate menopause symptoms?

- It is important to recognize the symptoms and ease them in order to continue living well – as partners, workers, mothers, grandmothers ...
- For this purpose, Medex has developed **two complementary solutions:**
 - The efficient and natural BeeHarmony product.
 - Hormones and harmony program.



BeeHarmony – for alleviating menopause symptoms and PMS

- Unique **Royal Balance™** formula – a protected blend of royal jelly and saffron extract.
- With added vitamins K2+D3+B6+E
- Contributes to:
 - emotional balance
 - better sleep
 - less tiredness and fatigue
 - regulation of hormonal activity
 - maintenance of normal bones
- Use: **2 capsules per day**, 30 min before a meal, for at least 2 months. Suitable for long-term use.
- Packing: 60 capsules (for 30 days)



Active ingredients

- Royal Balance™
10 HDA (royal jelly)
Safranal (saffron)
- Vitamin E
- Vitamin B6
- Vitamin D3
- Vitamin K2



Content/Vsebnost	2 capsules*/kapsuli*	
	NRV**/PDV**	
Royal Balance™	364 mg	
of which:/od tega:		
10 HDA	14 mg	
Safranal	0,6 mg	
Vitamin E	15 mg	125 %
Vitamin B6	2 mg	143 %
Vitamin D3	10 µg	200 %
Vitamin K2	75 µg	100 %




beeharmonyTM

H O R M O N A L B A L A N C E

RELIEVES **MENOPAUSE** SYMPTOMS

- ✓ **ROYAL BALANCE**TM
Standardized combination
of royal jelly and saffron extract
- ✓ Vitamins **K2 + D3 + E + B6**



BeeHarmony - health claims

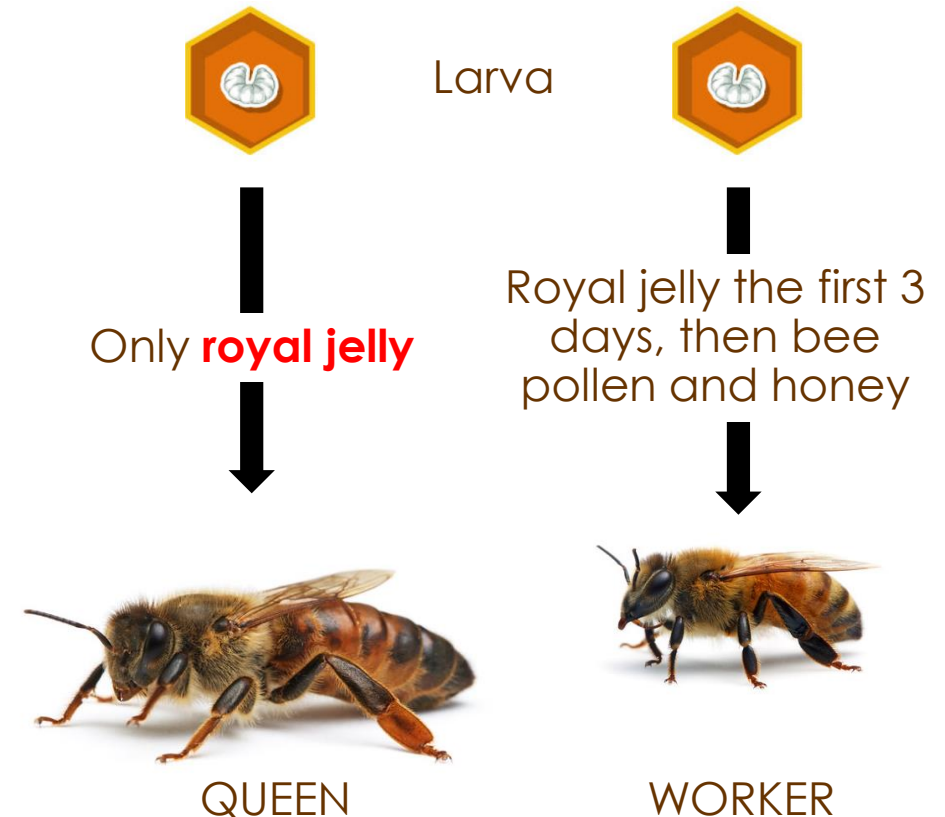
- **Saffron**
 - Helps to relieve menopause symptoms,
 - contributes to emotional balance,
 - supports relaxation and better sleep,
 - helps maintain a positive mood and well-being before and during the menstrual cycle.
- **Vitamin B6** contributes to the regulation of hormonal activity, normal functioning of the nervous system, and to the reduction of tiredness and fatigue.
- **Vitamin K2** contributes to the maintenance of normal bones and normal blood clotting.
- **Vitamin D3** contributes to the absorption of calcium and phosphorus.
- **Vitamin E** contributes to the protection of cells from oxidative stress.

What is royal jelly?

- Hypopharyngeal gland secretion from young worker bees.
- A mixture of fats, sugars, proteins, minerals and vitamins, and many unique bioactive molecules (**10-HDA – a key component of royal jelly**).
- One of nature's greatest treasures.
- It is not only a complete food but also food with the power of activating and deactivating genes in bee DNA.



The larva will develop in either a worker or a queen depending on what the worker bees feed the larvae.

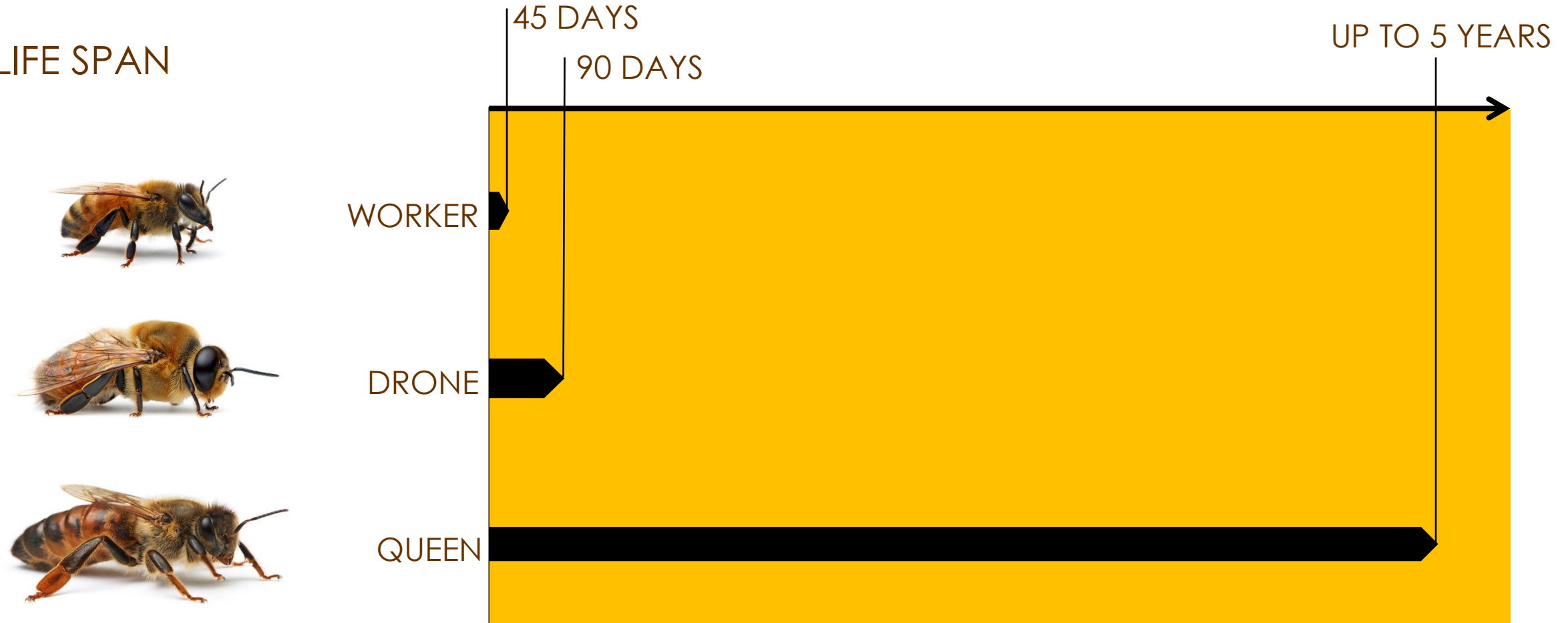


The power of royal jelly



BEING A QUEEN – THE LARGEST, MOST FERTILE, LONGEST-LIVING BEE IN THE BEEHIVE;
HOWEVER, GENETICALLY IDENTICAL IN EVERY WAY TO ALL OTHER BEES

LIFE SPAN





Can royal jelly help balance hormones in women?

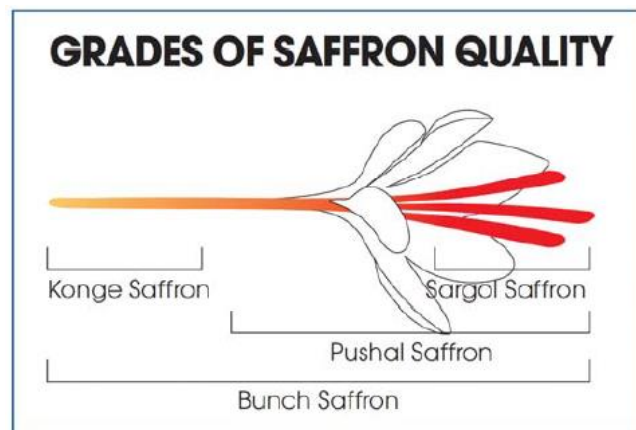


REVIEW OF CLINICAL STUDIES

- **Reduction of the severity of PMS symptoms by 51%.**
(Taavoni et al., 2014)
- **Reduction of the severity of menopause symptoms by 41%.**
(Darsareh et al., 2019)
- **Improvement of hormonal regulation in post menopause.**
(Balan et al., 2020)
- Royal jelly efficiently alleviates the severity of symptoms that accompany menopause.

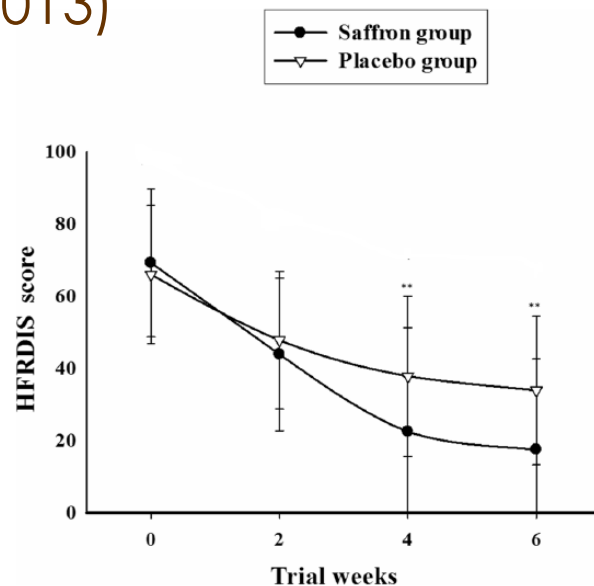
Saffron

- Saffron extract obtained exclusively from the red part of the saffron stigmas.
- The purest and richest with active compounds – it is obtained using a patented procedure that preserves its natural composition.
- Acts as a serotonin booster.



Saffron – clinical studies

- **Reduced severity of premenstrual symptoms and PMS depression by 50%** (Hosseini et al., 2007)
- **Sleeping improves** in people with mild to moderate chronic sleep disorder (Pachikian et al., 2021)
- **Alleviating depression** is comparable to some antidepressants (Jelodar et al. 2018)
- **Libido is higher by 50% in women** after 4 weeks compared to placebo (Kashani et al., 2013)



Vitamins K2 and D3 work in interaction

- After menopause, the loss of bone mass accelerates, and the risk of osteoporosis increases.
- K2 and D3 together increase bone strength and density, which is associated with lower risks of fractures.
- Vitamin D3 stimulates calcium absorption from the intestine, and vitamin K2 ensures that calcium is stored in bones and does not deposit on blood vessel walls.

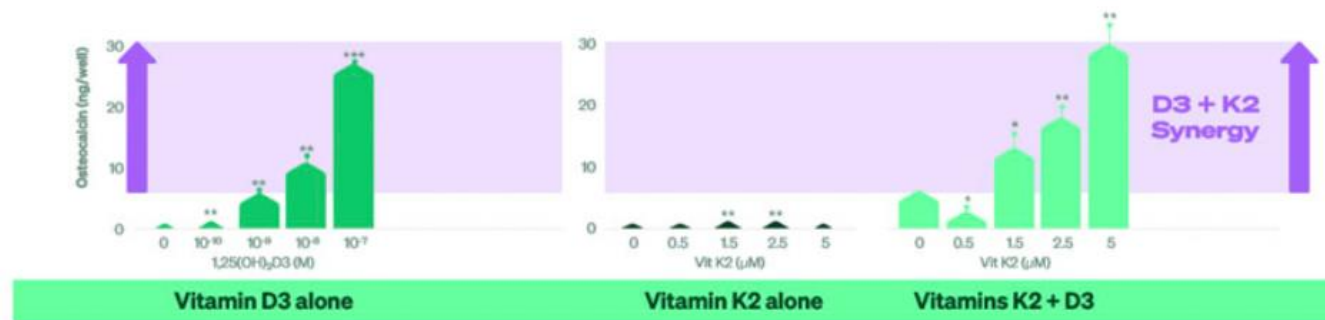
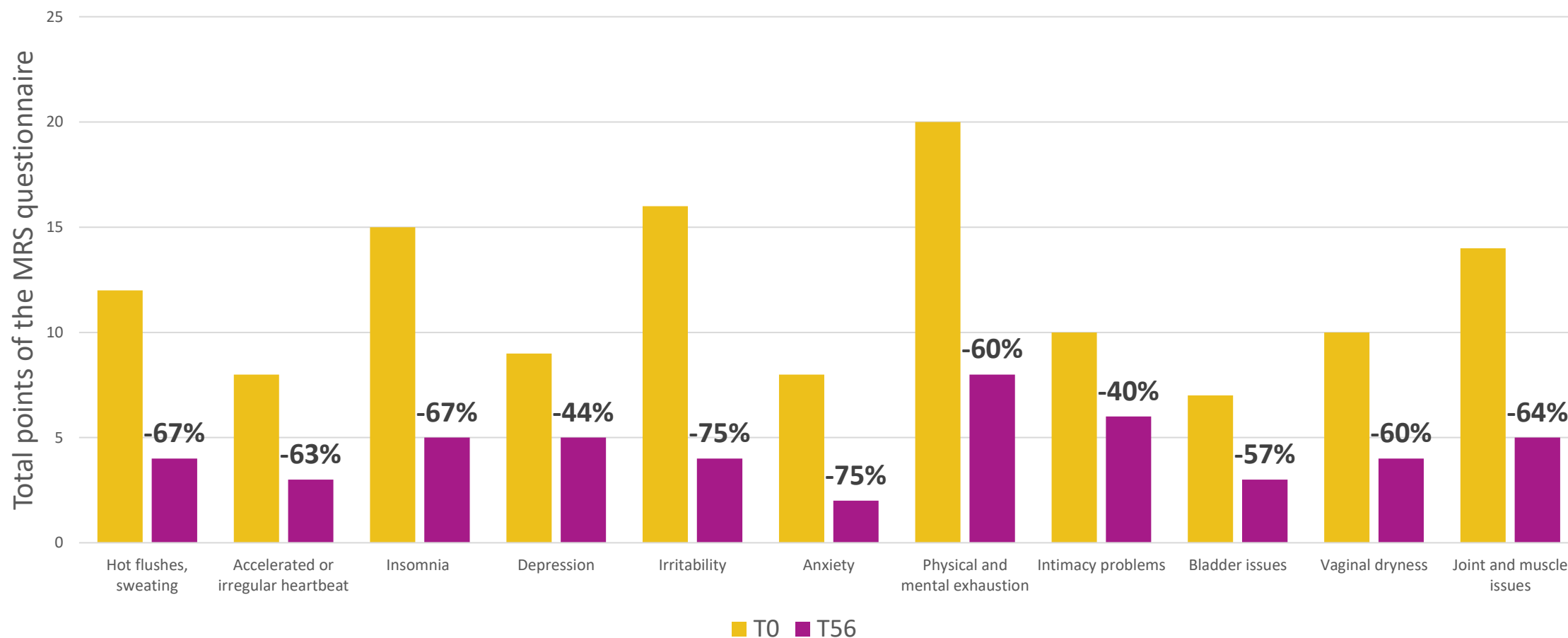


Figure 1: The effect of vitamin K on osteocalcin in the presence or absence of vitamin D3

Preliminary research

BEEHARMONY'S EFFECT ON ALLEVIATING MENOPAUSE SYMPTOMS

Results: **Significant reduction in the intensity of menopause symptoms after 2 months of use (from -44% to -75%)**



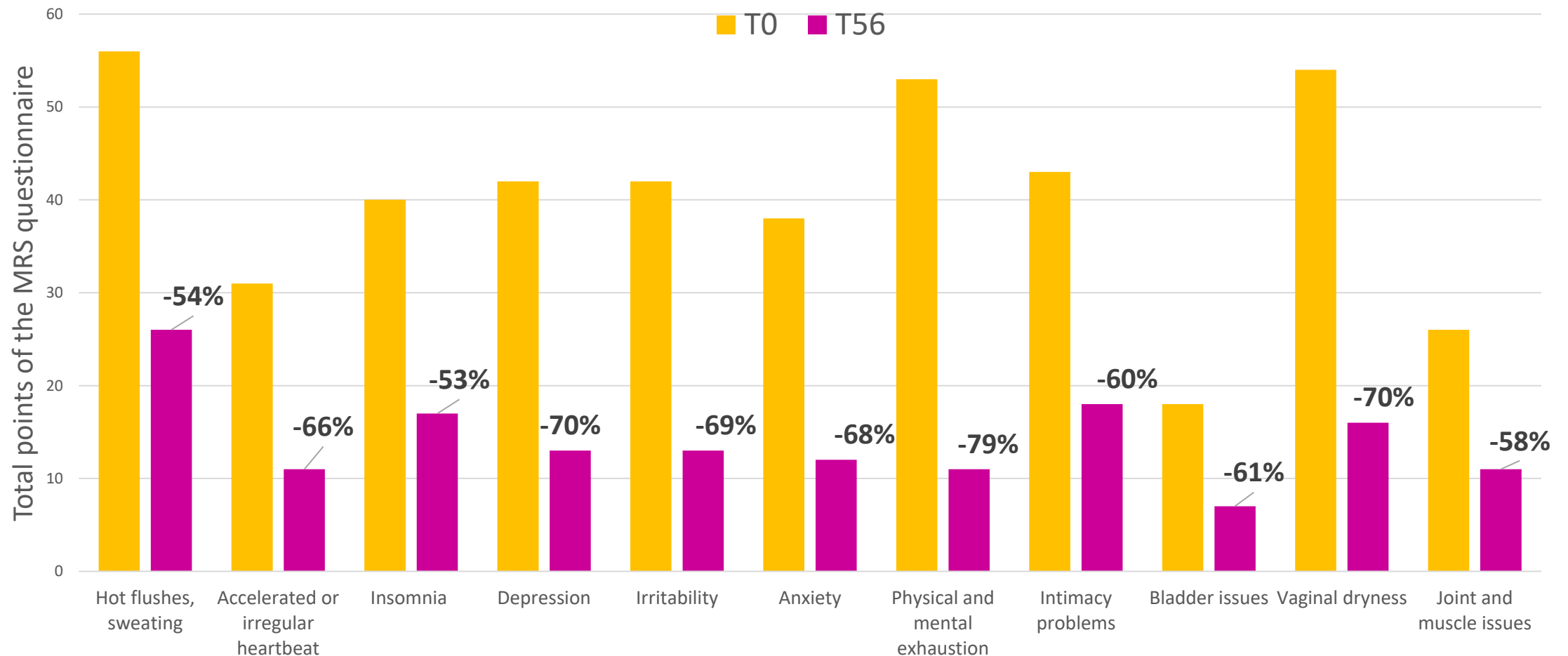
Clinical trial

A double-blind, placebo-controlled, randomized trial:

- 25 people in the placebo group (completed by 24 people), and 25 in the BeeHarmony group (completed by 22 people).
- Women aged 45-60 with menopause symptoms.
- 2 months, 2 capsules per day.
- Under the supervision of a gynecologist.
- Criteria: Evaluating symptom severity – completing MRS (Menopause Rating Scale) questionnaires at the beginning, after 1 month, and after 2 months of use.

DIFFERENCES IN OVERALL EVALUATIONS IN THE BEEHARMONY GROUP

After 56 days of use, the **severity of the symptoms in the BeeHarmony group decreased by 53% to 79%** (according to the severity of the symptoms at the beginning)



BeeHarmony

A long-term solution

- BeeHarmony is a long-term help in regulating hormonal activity.
- From the onset of menopausal symptoms to the end of life.
- We recommend **at least** 2 months of use.
- Effects are noticeable after two months (or even sooner).

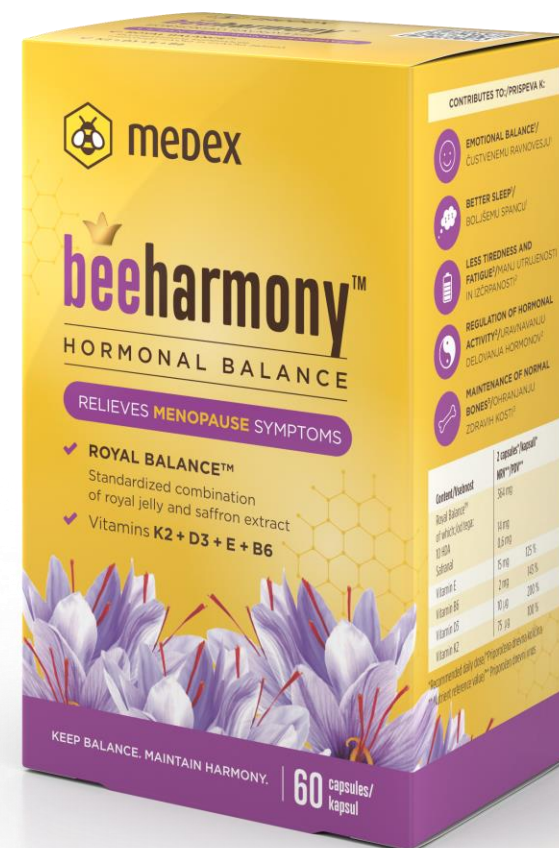
Complement the effect of the product with the Hormones in harmony program



- Join the “Hormones in harmony” program at: <https://www.beeharmony.si/>
- The 60-day program offers hormonal yoga, tips, articles, motivational thoughts, and much more.
- Designed in cooperation with experts:
 - Alenka Košorok Humar – teacher of hormonal yoga and qigong.
 - Melita Kuhar – expert for partnerships and personal growth.
 - Uršula Reš Muravec, M.D. – gynecology and obstetrics specialist.

BeeHarmony contributes to alleviating menopause symptoms, namely:

- Reduces hot flushes and sweating
- Alleviates accelerated or irregular heartbeat
- Alleviates insomnia
- Alleviates depression
- Reduces irritability
- Reduces anxiety
- Alleviates mental and physical exhaustion
- Reduces intimacy problems
- Reduces bladder issues
- Reduces vaginal dryness
- Decreases joint and muscle issues





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