

## MENOPAUSAL WOMEN

### Claims

- **AFFRON®** (Saffron extract) helps to maintain a state of relaxation and mental and physical well-being. Helps to maintain a good mood. Contributes to relieve the menopause symptoms.
- B5 contributes to normal mental performance, contributes to the reduction of tiredness and fatigue, and contributes to normal synthesis and metabolism of steroid hormones, vitamin D, and some neurotransmitters.
- Black cohosh helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness, and irritability

### References

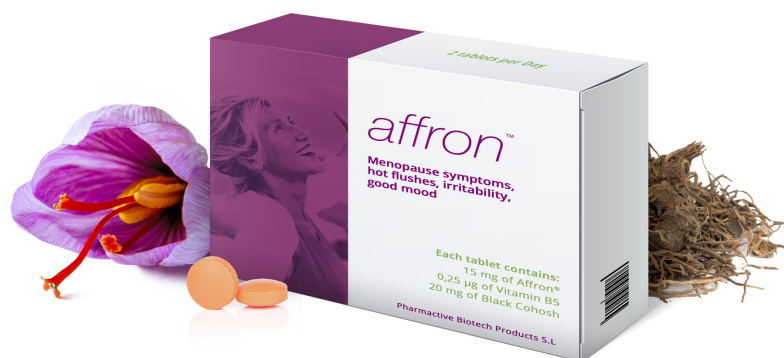
- The effects of a saffron extract (affron®) on menopausal symptoms in women during perimenopause: a randomised, double-blind, placebo-controlled study. Lopresti A. et al. Pending publication – May 2021.

### Posology

2 tablets per day: 1 in the morning, 1 in the evening

### Formula

Ingredient	Dose / tablet	Dose / 2 tablets	RDD
AFFRON®	15 mg	30 mg	-
VITAMIN B5	0,25 µg	0,5 µg	20%
BLACK COHOSH ( <i>Cimicifuga racemosa</i> )	20 mg	40 mg	-



These information are intended only for health professionals and operators of the food supplement sector.