

Menokom

Food supplement recommended to improve the physical and psychological symptoms of menopause

- Improves mood and reduces hot flashes
- Reduces tiredness and fatigue
- Improves the quality of sleep

Active ingredients	Per tablet	% NRV
Pine bark extract (<i>Pinus pinaster</i> Ait.)	60 mg	-
Affron® (Saffron extract)	28 mg	-
Folic acid (Quatrefolic®)	400 mcg	200
Pyridoxine (Vitamin B6)	10 mg	714
Vitamin K2	45 mcg	60
Cholecalciferol (Vitamin D3)	5 mcg	100
Cyanocobalamin (Vitamin B12)	9 mcg	360
Pantothenic acid (Vitamin B5)	30 mg	500

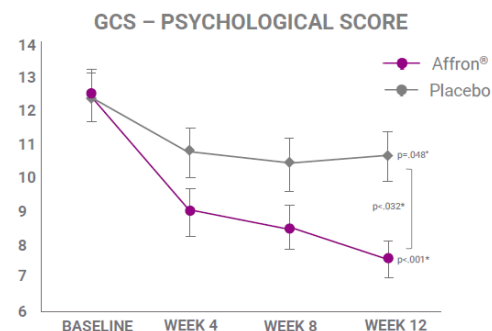
NRV: Nutrient Reference Values



Affron® improved mood on menopausal women

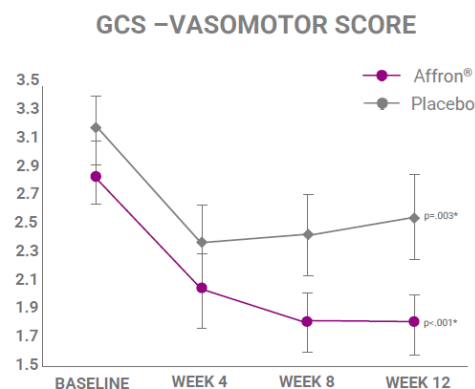
In a randomized, double blind, placebo controlled study (N=128) affron® intake of 28mg/day for 12 weeks, significantly improved the psychological aspects of the Greene Climacteric Scale (GCS), characterized by:

- 33% reduction in anxiety symptoms
- 32% reduction in depression symptoms



Affron® and hot flushes

In a randomized, double blind, placebo controlled study (128 affron® intake of 28 mg/day for 12 weeks, showed a strong tendency to improve vasomotor symptoms (hot flushes and sweating)



Folic acid

Folic acid itself is not active and must be metabolized through several steps in order to enter the folate cycle.

Unmetabolized folic acid is found in blood at doses >200 µg / day and may relate to potential adverse effects on human health. In the brain it can bind folate receptor blocking 5-MTHF adsorption.

Less bioavailability.

High doses of folic acid can mask vitamin B12 deficiency and delay its diagnosis by correcting hematological signs.

Quatrefolic

Main folate form in blood and cord serum.

It is the biologically active form. It can enter the folate cycle directly

No unmetabolized folic acid with Quatrefolic®, for a safe and full active folate efficacy. Quatrefolic® crosses Blood Brain Barrier.

Higher bioavailability: Pre-clinical study in vivo with Quatrefolic® showed a plasmatic (6S)-5-MTHF concentration peak about 3 times higher with Quatrefolic® than folic acid.

As Quatrefolic® is already the biologically active form, it doesn't mask the vitamin B12 deficiency.

1 box contains 30 vegan capsules.

Directions for use: Take one capsule daily.



Made in EU
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