

**Proprietary blend of four  
Ayurvedic herbal extracts**



menopausal support

# Life changes

## Introducing Genopause®

Genopause is a non-estrogenic formula consisting of four herbs, each with a long history of use as dietary ingredients: *Tinospora cordifolia*, *Asparagus racemosus*, *Withania somnifera* and *Commiphora mukul*. Together, these herbal extracts help diminish a range of normal symptoms associated with menopause.\*

**Tinospora cordifolia (Guduchi):** This plant supports a healthy immune system.\*

**Asparagus racemosus:** Known for its support of stress reduction, this plant helps to balance the body during menopause and has adaptogenic properties.\*

**Withania somnifera (Ashwagandha):** This extract contains flavonoids that provide support for relaxation, mood and sleep.\* It also has adaptogenic properties.\*

**Commiphora mukul:** This extract is best known for helping maintain healthy cholesterol and triglyceride levels that are already within the normal range.\*

Each woman experiences menopause differently, but regardless of whether a woman experiences mild or severe symptoms during this period of considerable physiological change, menopause is an ideal time to reinforce healthy diet changes. Genopause is a herbal, supportive addition to the diet of any woman wanting to diminish a range of normal symptoms associated with menopause.\*

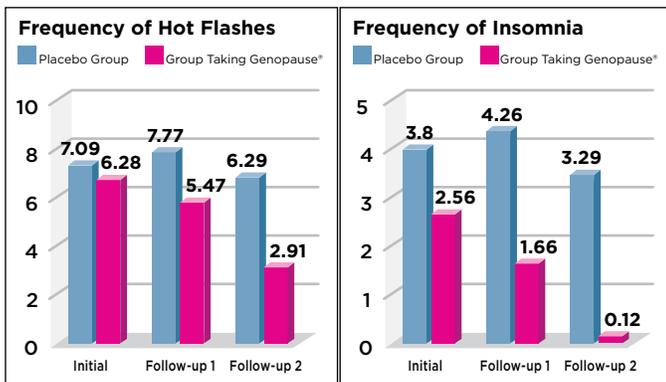
## Science inside

Genopause has been studied and shown to be effective in two human clinical studies.\*

### Human clinical study on menopausal symptoms

**Study results:** A 156-patient, double-blind randomized, placebo-controlled clinical trial was conducted using Genopause®. The subjects were between 40–60 years of age who had ended their menstrual cycle one year prior. Genopause showed a reduction in many areas, including:

- Hot flashes (54%)\*
- Fatigue (88%)\*
- Sleeplessness (95%)\*
- Nervousness (92%)\*
- Mood\*



Research subjects did not report any notable side effects.

**A second study was conducted to examine the effect of Genopause®, on menopausal symptoms in otherwise healthy women.** This was a double-blind, randomized, placebo-controlled trial involving healthy women experiencing menopausal symptoms aged between 40 and 65 years of age. The active treatment was a dose of 2 capsules (500mg each) of the formulation per day for 12 weeks.

The primary outcome measure was reduction in menopausal symptoms, assessed by the validated questionnaire MENQOL and a patient reported diary of hot flushes and night sweats. The secondary outcomes included assessment of sex hormones (progesterone, DHEA, testosterone and estradiol) and SHBG. The botanical extract was assessed for safety by liver/electrolyte function and full blood count (FBC).

There was significant reduction in the active treatment group compared to the placebo group at 12 weeks ( $p < 0.001$ ) in the MENQOL. This was reflected in significant differences between the active and the placebo groups at week 12 for the individual domains: vasomotor, social and sexual domains. The average number of hot day-time flushes and night sweats reduced steadily over the duration of the study. At 12 weeks, there was a significant difference between active treatment group and the placebo group for total flushes ( $p < 0.001$ ), day flushes and night sweats. There were no significant changes for safety markers including red blood cells, white blood cells, electrolytes and liver enzymes in either group after 12 weeks of treatment.

**Citation:** Steels, E., Steele, M., Harold, M., Adams, L. & Coulson, S. "A double-blind, randomized, placebo-controlled trial evaluating safety and efficacy of an ayurvedic botanical formulation in reducing menopausal symptoms in otherwise healthy women." 2018, *Journal of Herbal Medicine*.

## Product benefits

The following structure-function claims are provided here for informational purposes only and should be reviewed by your legal counsel prior to use in marketing materials, including product labels.

- Helps reduce frequency of hot flashes\*
- Supports a normal healthy attitude during menopause\*
- Supports a healthy mood\*
- Promotes restful sleep\*

## Why choose Genopause?

Genopause provides support for women during post menopause and is:

- Formulated with four herbs that have traditionally been used to diminish normal menopausal symptoms\*
- Botanical, non-estrogenic support\*
- Certified Kosher

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



[gencorpacific.com](http://gencorpacific.com)