

## **Ultra Menoease™ with BioResponse DIM®**

### **DESCRIPTION**

Ultra Menoease™ is a supplement specially formulated with pure genistein, microencapsulated BioResponse DIM®, botanicals, and nutrients for support of normal menopausal symptoms and healthy estrogen levels in women.†

### **FUNCTIONS**

Menopause occurs in women in their late 40s or early 50s when fertility and menstruation are ending. Women may experience a drop in estrogen levels that can lead to undesirable symptoms. During perimenopause, a woman may start to experience hot flashes, night sweats, changes in sleep, mood swings or other symptoms. Compounds such as genistein, DIM, plant botanicals, and vitamins/minerals can help in the management of normal menopausal symptoms and support factors related to menopause such as bone health.†

#### **geniVida® Genistein**

Genistein belongs to a class of plant compounds called phytoestrogens that functionally mimic the role that estrogen plays in our body. geniVida® is a pure, nature identical form of genistein that is not derived from soy. Science shows that genistein can help to minimize the incidence and duration of hot flashes and night sweats and may help support the comfort of other menopausal symptoms.† In a clinical placebo-controlled trial of 84 menopausal women consuming genistein 30 mg for 12 weeks, hot flashes were significantly improved. Genistein has also been shown to help keep bones strong and healthy. Increased bone turnover is common in menopause due to the decline of estrogen production. In a 2-year randomized, double blind, placebo-controlled trial, 389 postmenopausal women with measurable bone loss consumed genistein with calcium/vitamin D vs. calcium/vitamin D alone. Bone mineral density was positively supported in the genistein group but not in the placebo group.

#### **BioResponse DIM®**

Diindolylmethane (DIM) is one molecule known for the role it plays in supporting healthy estrogen metabolism. As a natural component derived from indole-3-carbinole and found in cruciferous vegetables, DIM has shown in studies to support the 2-hydroxylation instead of 16-hydroxylation of certain estrogen metabolites. This favors the production of 2-hydroxysterone over the more deleterious 16-hydroxyestrone, resulting in healthy estrogen levels.† An increase in 2-hydroxysterones can help free up testosterone from SHBG without increasing total testosterone levels. BioResponse DIM® is the only diindolylmethane with proven absorption and activity demonstrated in independently performed clinical studies. BioResponse DIM® contains pure DIM, microencapsulated in particles complexed with a vitamin E derivative and phospholipids to aid absorption from our intestinal tract.

#### **Red Clover**

Red clover contains isoflavones, also called phytoestrogens, which are structurally similar to estrogens. When ingested, the isoflavones biochanin A and formononetin are metabolized to the isoflavones genistein and daidzein. It is suggested that red clover might have calming effects due to its beta estrogen receptor agonist activity. Red clover is thought to be beneficial for supporting bone health due to the isoflavone genistein directly inhibiting osteoclast activity.†

#### **Black Cohosh**

The active constituents of Black Cohosh root extract appear to regulate estrogen levels, thereby normalizing hormonal balance and moderating the symptoms that accompany fluctuating hormone levels.† Black cohosh

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extract works largely through the synergistic activity of two types of compounds: phytoestrogens and triterpenes. Triterpene glycosides found in black cohosh extract act synergistically with phytoestrogens to suppress excessive secretion of luteinizing hormone (LH). Sudden increases in LH secretion, which occur in response to declining estrogen levels, may be responsible for many symptoms associated with menopause.

**Chrysin**

Chrysin is a natural, biologically active flavonoid compound- 5,7-dihydroxyflavone extracted from many plants. In vitro research shows that chrysin might inhibit aromatase and decrease aromatization of androstenedione and testosterone to estrogen and dihydrotestosterone. One study showed that Chrysin significantly suppressed the LPS-induced COX-2 protein and mRNA expression in a dose-dependent manner, which can help contribute to breast health and normal cell metabolism.† Chrysin also has antioxidant and anxiolytic properties.

**Vitamin D-3 and Magnesium**

Vitamin D-3 is a fat-soluble vitamin that plays a role in numerous health functions including bone support, as well as aids in intestinal magnesium absorption. A clinical trial showed significant healthy bone mineral density with 1,000 IU of supplemental vitamin D compared to 400 IU or placebo in postmenopausal women. Magnesium is an important mineral involved in numerous cellular reactions that may help with relaxation, sleep and mood.†

**INDICATIONS**

Ultra Menoease is indicated for women that may benefit from important nutrients that help support the symptoms of menopause and provide healthy hormone balance.

**FORMULA (#201938-60X)**

**Serving size 2 vegetarian capsules:**

<b>Vitamin D-3</b> .....	<b>1,000 IU</b>
<b>Magnesium (as amino acid chelate)</b> .....	<b>100 mg</b>
<b>Proprietary Blend</b> .....	<b>300 mg</b>
Red Clover flower Extract( <i>Trifolium pratense</i> ) (standardized to 8% biocannin), Black Cohosh root Extract ( <i>Cimicifuga racemosa</i> )(standardized to 8% triterpene glycosides), Chrysin	
<b>BioResponse DIM®</b>	
<b>diindolylmethane complex</b> .....	<b>75 mg</b>
(complex of starch, diindolylmethane,d-alpha tocopheryl succinate, phosphatidylcholine [soy] and silica), (standardized to contain 25% diindolylmethane)	
<b>geniVida® Genistein</b> .....	<b>30 mg</b>

Other ingredients: Pectin, hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, silica.

geniVida® is a trademark of DSM  
BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

**SUGGESTED USE**

Adults take 2 capsules daily with a meal or as directed by a healthcare professional.

**WARNING:** Consult your healthcare professional before use if you are pregnant, nursing, taking prescription medications such as Coumadin, have a liver disorder or develop symptoms of liver trouble.

## Ultra Menoease™ with BioResponse DIM®

This product is recommended to take in conjunction with **Bone CoFactors by Douglas Laboratories** to provide optimal bone health in menopausal women.

### SIDE EFFECTS

Harmless changes in urine color may occur with the use of this product.  
Discontinue use if symptoms of liver trouble develop, such as abdominal pain, dark urine, or jaundice.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**For more information on Ultra Menoease, visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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