



Agreed
The head of expert council

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Estrovel

Instruction (information for consumers) on dietary supplement intake

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Description

Dietary supplement “Estrovel” is an additional source of isoflavones, indole-3-carbinol, vitamin E, B₆, boron and folic acid.

Unique combination of plant extracts, natural vitamins and amino acids for premenstrual and menopausal syndromes prevention and correction.

Description

30 pills of 500 (0,18 ounces) mg in a pack

Pills are of oblong shape, with yellow cover and slight indole-3-carbinol odor.

Component properties

Cimicifuga Racemosa

Cimicifuga Racemosa extract have been used for a hundred of years for climax symptoms alleviation. It shows a positive effect on vegetative system, reducing hot flashes, sweats, heart beatings and dizziness. Cimicifuga soothes the hormonal disorder symptoms reducing muscle, joint and headaches. Moreover Cimicifuga improves bone tissue metabolism that reduces calcium exertion.

Soy isoflavones

Soy isoflavones are also called “phytoestrogens”. These substances of plant origin resembling estrogen hormones are of estrogen-like action. It compensates the lack of the last and neutralizes the negative effect when it is estrogen excess. Isoflavones help reduce hot flashes, sweats, headaches and other climacteric symptoms. They help regulate hormonal disorder at premenstrual

Composition

Estrovel bioactive substances in 1 pill according to the SanPin 2.3.2.1078-01		
Name	1 pill content, mg	Daily need %
Isoflavones	25	50*
Cimicifuga Racemosa extract (2,5 % - triterpene glycosides content)	30	N/E
Wild yam root extract (10%-diosgenin content)	50	N/E
Stinging nettle leaves extract	30	N/E
Indole-3-carbinol	25	50*
Vitamin E	15	150
Vitamin B ₆	2	100
Organic boron (in its fructoborate form)	1	50*
Folic acid	0,2	100
5-Hydroxytryptophan	50	N/E
DL - Phenylalanine	50	

* – PI Research Institute of Nutrition RAMS

syndrome (PMS). Isoflavones also stimulate bone tissue regeneration and facilitate its fortification. They are of antioxidant, anti-inflammatory, antipyretic properties. They suppress thrombin formation and thrombocyte aggregation that serve cardio-vascular prophylactics.

Wild yam (Dioscorea)

Wild yam extract contains the estrogen and other hormone precursor. Dioscorea normalizes hormonal disbalance at PMS and menopause. Being of spasmodic and vasodilating action wild yam prevents atherosclerosis development.

Indole-3-carbinol

It can be found in mustard family vegetables in great amounts (broccoli, cauliflower, Brussel sprouts, and green head cabbage). Research on indole-3-carbinol showed that it is able to suppress Herpes simplex and human papilloma virus, improving estrogen metabolism, blocking

pathologic proliferation stimulating (hyperplastic process of endometrium, uterine leiomyoma, and endometriosis). Indole-3-carbinol favors hormonal balance normalization and reduces breast cancer risk.

Stinging nettle

Besides vitamins of C, B and K-groups stinging nettle contains carotinoids (lutein), flavonoids, chlorophyll pigments. Vitamin K participates in blood formation process; it is of hemostatic and prophylactic effect at menstruation disorder. This vitamin plays the big role in bone matrix formation and reconstruction by the way of synthesizing the osteocalcin (bone tissue protein) that helps menopausal osteoporosis prevention.

Boron (in its calcium fructoborate form)

Calcium fructoborate is a new organic boron patent form identical to natural, vegetables

and fruits contain. The principle novelty is in the unique safe form, releasing boron gradually when it needs.

The population of those countries where calcium fructoborat intake is higher suffers from postmenopausal osteoporosis rarer. Boron helps add the bone mineral density and intensifies phytoestrogen action.

Vitamin E

Vitamin E is the sample of antioxidants; it facilitates reproductive function regeneration and smoothes menstrual cycle disorder. It helps eliminate vaginal dryness, improves skin, nails and hair condition.

Vitamin B6

Vitamin B6 facilitates the protein, carbohydrates and fats metabolism. B6 improves stress stability, favors cardiovascular disease and osteoporosis precaution. It relieves premenstrual symptoms by minimization of water retention, excess fluid caused. It also helps endorphin synthesis - the natural stimulators of mood and emotions, providing the best relief at menopause and PMS.

Vitamin B9 (Folic acid)

It is the important vitamin for the immune system stimulation. Folic acid, being of estrogen-like action, delays menopause and weakens its symptoms.

5-Hydroxytryptophan

It is the precursor of serotonin. Together with vitamin B6 it increases endorphin synthesis responsible for reduction of pain appreciation.

DL – Phenylalanine

This amino acid turns into tyrosine which is of analgesic action, regulating the body thermal regime.

The body functions positive influence

Climacteric period (climax)

Climax is the natural stage signaling the end of the fertile phase of a woman's life. The average age of menopause is after 45 years. It

is characterized by menstruation and fertility decline.

Climacteric syndrome is the complex of different disorders and symptoms which complicate the normal course of climacteric period. It is associated with hormonal rearrangement as the result of the ovaries shutting down. There are three levels of climacteric syndrome severity:

- Light occurs in 16 % of women. In that case the work capacity and general well-being are not suffered.

- Mean occurs in 33 % of women. It is characterized by health deterioration and work capacity decline.

- Grave is the most frequent, occurs in 51% of women. Woman health declines significantly to the absolute disabling.

Premenstrual syndrome (PMS)

PMS is a collection of psychological and vegetative-vascular disorders. It is usually predictable and occurs regularly prior to menses and vanishes after the menstrual flow starts or some days later. PMS frequency depends on the age. Every fifth under 30 suffers from PMS but at the age after 40 more than half of women have PMS symptoms. PMS is caused by the female sex hormone level change. Water retention and the deficit of B-group vitamins, especially of vitamin B6, are the other causes of PMS.

Estrovel influences the different climax manifestations positively:

- It normalizes the arterial pressure

- Reduces headaches and dizziness

- Reduces hot flashes

- Declines weakness, fatigability and nervousness

- Improves the mood and stimulates sexual activity

All these enhance work capacity and life energizing in women with neurovegetative disorders at menopause.

Contraindications

- Individual intolerance

- Phenylketonuria

Consult a doctor before taking

Dosage and recommendations

To adults 1-2 pills a day at mealtimes. Course of 2 months, can be refreshed if necessary.

Storage

Store at the temperature not exceeding 25°C, at dry, safe from the sun place. Keep far from children.

Shelflife

2 years

TOR № 9197-007-77480016-06

It is not a medication.

Manufacturer

LLC "V-MIN+" for and under control of CJSC "PhC Ekomir", 16, Berzarin str, Moscow, 123298, RF Tel: (495) 944-94-94 www.ekomir.ru

The manufacturing is certified according to ISO standards (Certificate № 4879)

The manufacturing address

Derevnya Turakovo, Serghievo-Posadskiy rayon, Moskovskaya oblast, Russian Federation.