FREELADY – REGANE – PACK INSERT (ENGLISH)

Nutraceutical

Menopause Supplement

MENOPAUSE

Menopause means the woman has permanently stopped menstruating (having periods) and has not had periods for at least 1 year. It sets in between the ages of 45 to 60 years, although in one-fifth of women it could occur before 41 years of age in India.

The ovaries in women usually produce two hormones, namely estrogen and progesterone, which are responsible for the periodical monthly bleeding. Approximately 2 to 10 years prior to menopause, the production of prime hormone estrogen commences to decline, which results in menopause. The period of 2-10 years prior to menopause and the first year thereafter is referred to as perimenopause.

Postmenopause means the period following the onset of menopause when the periods finally stop.

MENOPAUSE CONCERNS

Around 30% of Indian menopausal females have pertinent complaints. The common ones include fatigue / lack of energy, headache & backache, hot flushes, cold sweats, cold hands and feet, numbness and tingling of fingers / toes, excitability and anxiety besides dryness of vagina-related difficulties.

In addition, menopause is also responsible for causing many other disturbing consequences such as blurring of body contours, inability to control urine flow accompanied by its leakage (incontinence), thinning & wrinkling of skin, breast changes, brittle bones that can easily fracture, increased risk of heart disease, and even memory disturbances on account of higher risk of Alzheimer's disease.

OPTIONS FOR MENOPAUSE

Since depletion of estrogens precipitates menopause, replacing this hormone is the logical necessity. Estrogens derived from plants (phytoestrogens) offer a safe option to manage the peri- & post-menopause complaints and consequences.

ISOFLAVONES

Isoflavone is the prime phytoestrogen and is best derived from soy beans. Soy isoflavones relieve and reduce:

- Hot flushes & Cold sweats
- Cold hands and feet
- Risk of frail bones
- Repeated infections of urine
- Vaginal dryness
- Skin changes like wrinkles

FREE LADY - REGANE

Free Lady – Regane contains isoflavones and is thus helpful for 40+ women. Besides isoflavones, Free Lady – Regane contains various other ingredients which are beneficial during menopause.

INGREDIENT	PRIME ACTION
Isoflavones	Relieve hot flushes & cold sweats; reduce long-term menopausal consequences including maintaining of body contours
Calcium	Relieve backache; Strengthen bones
Magnesium & Manganese	
Vitamins D & K	
Grape seed extract, Vitamins C & E	Protect against free radicals responsible for aging changes
Angelica archangelica	Adaptogens – facilitate enjoyable intimacy / Relives stress
Ashwagandha	
Curcumin	Preserves memory that could be disturbed by Alzheimer's disease
Vitamins K, B1, B2, B3, B5, B6, B12, folic acid & biotin	Fulfil the nutrient needs in the elderly

SAFETY OF FREE LADY - REGANE

Ingredients in Free Lady - Regane are safe when consumed as per recommendations. Allergic reactions including stomach upset, breathing difficulty or dizziness could occur in occasional cases.

Free Lady – Regane is exclusively meant for perimenopause and postmenopausal women. The intake of Free Lady – Regane in presence of atopy (genetically determined allergy to environmental allergens), thyroid disturbances, or other major health conditions, including fibroids or cancer of breast, ovaries / uterus should be strictly under advice and supervision of the healthcare provider. Concomitant taking of blood thinners, medicines for pain and epilepsy, thyroid hormone, products which decrease immunity,

sedative drugs, theophylline, propranolol, lithium and certain antimicrobials must be with guidance by healthcare provider.

Those allergic to any of its ingredient/s, or soy or grapes or turmeric are not to consume Free Lady - Regane. Stop Free Lady – Regane at least 2 weeks prior to any scheduled operation.

Special Benefits of FREE LADY - Regane

Free Lady – Regane offers special merits for Indian menopausal women.

- Contains all ingredients to benefit for 40+ women.
- Eliminates the need of additional calcium which is commonly consumed by the 40+ women.
- Provides all the ingredients in optimal quantities to deliver the desired benefits.
- Is a single serve sachet for convenient once daily intake as a drink.
- Available in two flavors to suit individual palate – cola and a popular fruity flavor – cranberry.

Directions for Use

Mix the content of one sachet of Free Lady – Regane in a glass containing 150 mL (or 2/3rd of standard glass) of preferably chilled water; mix briskly till the powder is well dispersed and then enjoy the drink promptly once daily at any time of the day. Take one sachet once daily.

Isoflavone-based products can be consumed on long-term basis during the postmenopausal period.

Availability & Storage

Free Lady – Regane is available in packs of 15 sachets.

Free Lady – Regane should be stored in a cool dry place. Keep strictly out of reach of children.

Marketed by
BIGBROTHER NUTRA CARE PVT. LTD.

Manufactured by
VITAL NEUTRACEUTICALS PVT. LTD.

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