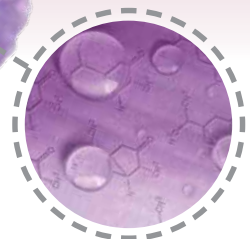


Keep your cool during menopause

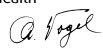


Don't sweat it with your symptoms. Get relief with **Menopause from A.Vogel.**

Designed by nature.
Proven by science.



Pioneer In Natural Health
- since 1923



Menopause and perimenopause

By definition, a woman reaches menopause when she has not had her period for at least 12 consecutive months, but the process leading up to menopause can last many years. The two- to seven-year period that precedes menopause is called perimenopause.

On average, women reach menopause at the age of 51. The number of menopausal women is on the rise. It is estimated that by the year 2026, 7.9 million Canadian women will be over the age of 50.

Changes in the body during menopause are caused primarily by a gradual decrease in the production of estrogen and progesterone hormones.

Most common symptoms:

- Hot flashes
- Night sweats

Other possible symptoms:

- Trouble sleeping
- Nausea, dizziness
- Fatigue, anxiety
- Heart palpitations
- Vaginal dryness



Symptoms usually increase during perimenopause, then subside during the first few years of menopause.

Approximately 75% of women experience hot flashes during menopause and perimenopause.²

The Society of Obstetricians and Gynaecologists of Canada (SOGC) now recommends that women not use hormonal therapy if they have no, or only a few, menopausal symptoms, which is the case for 70% to 80% of Canadian women in menopause or perimenopause.

For many gynaecologists, this is a step forward since alternative and complementary medicines now offer viable approaches that they can discuss with their patients.

Menopause by A.Vogel The best complimentary approach for the most common symptoms.

- Clinically proven:¹
 - Reduces the number of hot flashes and night sweats
 - Reduces the intensity of hot flashes and night sweats

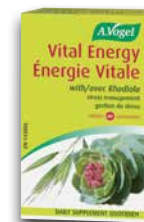


Concentrated Formula

- 3,400 mg of ORGANIC fresh sage tincture in each tablet
- 100% natural and safe
- 1 tablet daily
- Available in a 1 month supply (30 tablets) and an economical 3 month supply (90 tablets).

Tips and advice Start by changing your lifestyle!

A change in lifestyle is the first thing to consider for women who want to alleviate their menopausal symptoms. Regular physical activity is recommended as well as a balanced diet, quitting smoking and reducing alcohol and caffeine.



Fluctuating hormone levels can also make women feel irritable, fatigued and nervous. Since stress increases the body's magnesium requirement, a daily supplement can limit the negative effects of insufficient magnesium intake. **Vital Energy** by A.Vogel contains magnesium, wild oats and roseroot, a unique combination of plants that act in synergy

to increase the body's resistance to stress and keep the nervous system healthy during menopause.

Post-menopausal women are more susceptible to osteoporosis, a phenomenon characterized by a weakening of the bones. Insufficient calcium intake increases the risk of bone loss.



Calcium Absorber by A.Vogel is designed to help the body stabilize minerals.

Regardless of the quantity of calcium absorbed, it is the body's capacity to assimilate it that is vital.



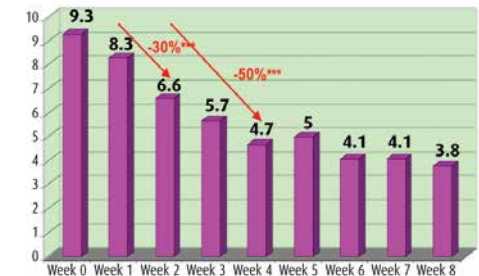
Clinical study

Open clinical tests were conducted to evaluate the effectiveness and tolerance of A.Vogel's new Menopause.

Studies were conducted in Switzerland by 8 general practitioners among 69 menopausal women between the ages of 48 and 66 (average age of 56), over 8 weeks (59 days). The indicated dosage was 1 tablet daily.

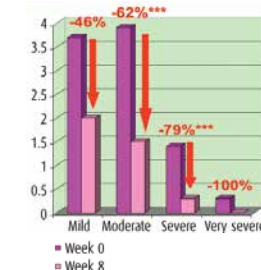
Convincing results:

Reduction of mean number of hot flashes per day.



- 30% decrease in 2 weeks
- 50% decrease in 4 weeks
- 59% decrease in 8 weeks

Decrease of mean number of total daily hot flashes per intensity group



- 46% decrease in **mild** hot flashes
- 62% decrease in **moderate** hot flashes
- 79% decrease in **severe** hot flashes
- 100% decrease in **very severe** hot flashes

A phytotherapy course is offered by the A.Vogel Institute to all retailers, health professionals and the general public. Please visit our site at www.avogelinstitute.com. This document must not be considered a medical opinion and does not replace the need for a diagnosis by a health professional. This brochure is intended as an informational and instructional tool.

For more information: www.avogel.ca • 1-800-361-6320 • info@bioforce.ca

1- Boomer, S., P. Klein, A. Suter, d.s.h statistical services GmbH, DE -85296 Rohrbach, A.Vogel Bioforce AG, CH -9325 Roggwil.

2- www.sante.canoe.com

3- www.passeportsante.net - section on menopause