

Menoreva Tablets :

Sage Leaf Extract, Ashwagandha, Isoflavones Daidzein & Genistein with B Vitamins

Read all of this leaflet carefully before you start taking this formulation because it contains important information for you.

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What Menoreva is and what it is used for
2. What you need to know before you take Menoreva
3. How to take Menoreva
4. Possible side effects
5. How to store Menoreva
6. Contents of the pack and other Information

1. What Menoreva is and what it is used for

Menoreva is a unique blend combines well-researched botanicals, including Sage Leaf extract, Ashwagandha and isoflavones Daidzein & Genistein to provide comprehensive support during menopausal symptoms. Enriched with essential B vitamins, Menoreva not only helps regulate normal hormonal activity but also reduces the feeling of tiredness and fatigue, ensuring regular formation of blood cells.

Additionally, calcium and vitamin D3 that helps reduce bone mineral loss during and after menopause, avoiding the risk of osteoporotic fractures.

Menoreva is designed to reflect the specific nutrient needs for women which provides support for bones, energy and joint health as well as immunity, Menoreva helps your body cope with the demands of everyday modern life and fills nutrient gaps which can be depleted by the use of Hormone replacement therapy (HRT) medication.

Menoreva includes high-strength magnesium to aid energy optimisation. Along with active B vitamins to support hormone balance and low mood, botanical extracts including ashwagandha and sage leaf extract have been added to support cognitive function, stress, and hot flushes.

Sage leaf extract can help the hypothalamus gland better regulate body temperature during the menopause and perimenopause. This can reduce the frequency and severity of hot flushes and night sweats.

Ashwagandha as an adaptogen has a beneficial effect on the body's energy management, and thus has a rejuvenating effect. It helps to maintain well-being, and has a toning effect on the nervous system, it reduces nervous tension and promotes emotional balance.

Calcium and vitamin D3, help to maintain bone health. Calcium helps reduce bone mineral loss in postmenopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures.

B vitamins – vitamin B6 and folic acid promote the normal functioning of the nervous and immune systems, promote psychological functions and help reduce fatigue and weakness. Vitamin B6 promotes the regulation of hormone activity, as well as the normal functioning of the nervous system.

Daidzein & Genistein are isoflavones which have antioxidant activity.

Uses:

Menoreva is used to relieve:

- Hot flushes
- Night sweats
- Excessive sweating.

2. What you need to know before you take Menoreva**Do not take Menoreva:**

- if you are allergic to any of the ingredients in the formulation (listed in section 6).

Warnings and precautions

- Talk to your doctor if your symptoms worsen or do not improve within 12 weeks.
- Excessive sweating can sometimes be a sign of a more serious underlying condition. If you are concerned see your doctor.

If you are taking other medication, you should consult your doctor before taking Menoreva.

Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

Other medicines and Menoreva

- Do not take this product if you are taking barbiturates or benzodiazepines (used as tranquillizers).
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including health supplements such as Menoreva.

Pregnancy and breast-feeding

Do not take this product if you are pregnant or breast-feeding.

Driving and using machines

This product may affect your ability to drive or use machines. If you are affected do not drive or use machinery.

3. How to take Menoreva

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Women experiencing menopausal symptoms: Take 1 tablet daily.

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

Consult a healthcare provider for long-term use or dosing recommendations for specific health concerns.

If you take more Menoreva than you should

If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take Menoreva

Don't worry about the missed dose. Take the next dose as usual.

If you feel Menoreva isn't working

See your doctor if your symptoms worsen or do not improve.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

No side effects have been reported with the use of Menoreva.

If you notice any side effects, discontinue use and tell your doctor or pharmacist.

5. How to store Menoreva

Keep this product out of the sight and reach of children. This product does not require any special storage conditions.

Do not use this product after the expiry date which is stated on the blister and the carton.

Do not use this product if you notice a change in appearance.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information**What Menoreva contains**

• The active substances are Calcium Carbonate, Magnesium Oxide, Zinc Oxide, Ashwagandha (*Withania somnifera*) Root Extract, Sage (*Salvia officinalis*) Leaf Extract, Pantothenic Acid, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Folic Acid, Cholecalciferol, Vitamin B12, Daidzein & Genistein.

The other ingredients are: Sodium Starch Glycolate, Crospovidone, Croscarmellose Sodium, Hypromellose, Red Iron Oxide, Microcrystalline Cellulose & Magnesium Stearate.

What Menoreva looks like and contents of the pack

Menoreva is red, oblong shape tablet in a Alu-Aluminium blister. Pack sizes: 60 tablets.

Bioreva Sciences Ltd

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This leaflet was last revised in 01/2024.

References

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