

SCHEDULING STATUS: Not Scheduled

FEMOLENE
mylife ADULT

PROPRIETY NAME (AND DOSAGE FORM): Femolene mylife ADULT

COMPOSITION:

Ingredients	Week 1	Week 2-3	Week 4
	Each tablet contains	Each tablet contains	Each tablet
D Biotin	8mcg	7.5mcg	50mcg
Choline Bitartrate	100mg	212.5mg	212.5mcg
Folic Acid	100mcg	200mcg	200mcg
Mixed Carotenoids	205mcg	250mcg	250mcg
Theanine			25mg
Vitamin A	225iu	225iu	225iu
Vitamin B1	800mcg	870mcg	2280mcg
Vitamin B2	23.mg	45mg	44.6mg
Vitamin B3	4mg	4mg	6mg
Vitamin B5	2.5mg	2.5mg	6mg
Vitamin B6	44.9mg	44.9mg	44.9mg
Vitamin B12	2.3mcg	45mcg	44.6mcg
Ascorbic Acid	37.3mg	37.5mg	60.6mg
Vitamin E	7.5mg	7.5mg	21.9mg
Boron AAC		20mg	
Calcium Carbonate	25mg	40mg	96.9mg
Chromium Picolinate	16mcg	9mcg	3mcg
Copper Gluconate	2mg	751mcg	750mcg
Iodine	38mcg	38mcg	40mcg
Iron AAC	100mg		100mg
Magnesium*	6.5mg	10.5mg	33.6mg
Manganese Gluconate	570mcg	570mcg	1.5mg
Molybdenum AAC	550mcg	550mcg	1.5mg
Phosphorus AAC	37mg		
Selenium*	30mcg	30mcg	30mcg
Zinc AAC	27.6mg	27.6mg	6mg
Chaste Tree Berry			15mg
Evening Primrose Oil (EPO)			250mg

In-actives: Microcrystalline Cell pH 102, Magnesium Stearate, PVP K30, Compritol, Flexicoat white, pink, violet, Alcohol

PHARMACOLOGICAL CLASSIFICATION: D 21.8 Female sex hormones. DS: Combination product. This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PHARMACOLOGICAL ACTION: **Vitamin A** - Interacts with nuclear receptors that binds to response elements that regulate steroid hormones. **Vitamin B1** - Central role in energy yielding metabolism, especially carbohydrates. **Vitamin B2** - Electron carrier in a wide variety of oxidation and reduction reactions central to all metabolic processes. **Vitamin B3** - Metabolism of metabolic fuels. **Vitamin B5** - Utilisation is phosphorylation. Synthesis of COA. **Vitamin B6** - Co-enzyme in the regulation of the action of steroid hormones. **Vitamin B12** - Carbon fragments in a wide variety of biosynthetic and catabolic reactions. **Vitamin C** - Increases the activity of a number of enzymes. Antioxidant. **Vitamin D** - Acts like a steroid hormone. Then binding to hormone response elements on DNA and modulating the expression. **Vitamin E** - Antioxidant. Limiting radical damage resulting from oxidation of PUFA's. **D - Biotin** - Role in control of the cell cycle. **Folic acid** - Transfer of one carbon fragments in a wide variety of biosynthetic and catabolic reactions. **Magnesium Oxide** - Co-factor for enzymes requiring ATP. **Calcium carbonate** - Calcium is absorbed in the small intestine by transcellular or paracellular routes. **Zinc** - Cofactor in more than 100 different enzymes; development of reproductive organs. **Chromium Picolinate** - Some evidence that Chromium is the active component of Glucose tolerance factor (GTF). **Copper Gluconate** - Some evidence that copper in combination with zinc, manganese, and calcium might slow bone loss in postmenopausal women. **Iodine** - Some evidence that iodine supports breast health against fibrocystic breast tissue. **Iron** - Indication are; anemia. Some evidence that Iron prevents Restless legs syndrome (RLS), depression, fatigue, female infertility, menorrhagia. **Manganese Gluconate** - Manganese deficiency. Supports bone health, and symptoms of premenstrual syndrome (PMS). Preliminary clinical evidence suggests that taking manganese orally in combination with calcium seems to help improve symptoms of PMS. **Molybdenum** - Essential trace mineral. Molybdenum is readily absorbed from the gastrointestinal tract by a passive process. **Phosphorus** - It is critical for membrane structure, transport, and energy storage. Phosphate plays an important role in buffering body fluids, and plays a primary role in the renal excretion of hydrogen ions. Involved in energy transfer. **Selenium** - After ingestion selenium is metabolized to form hydrogen selenide, an important intermediary form. Selenide is essential for the activity of selenoproteins, such as the glutathione peroxidase enzyme (GSH-Px), which reduces oxidative stress by handling free radicals. **Choline Bitartrate** - Choline has traditionally been considered a B vitamin. However, this is controversial because choline can be synthesized by the human body. Choline is produced in the liver via the methylation of phosphatidylethanolamine. S-adenosylmethionine is the methyl donor for this reaction. Choline is used in cell membrane phospholipids and as a methyl donor for the synthesis of many endogenous compounds. For example, choline can be oxidized to betaine which serves as a methyl donor to convert homocysteine to methionine, then S-adenosylmethionine. Choline concentrates in nervous tissue. **Mixed Carotenoids** - Beta carotene is converted to retinoic acid, which is used for processes involving growth and cell differentiation. **Evening Primrose Oil (EPO)** - Evening primrose oil is obtained from the seed of *Oenothera biennis*. It contains 2% to 16% gamma-linolenic acid (GLA), 65-80% linoleic acid, and vitamin E. GLA reduces production of interleukin 1 (IL-1)-beta, which may be involved in inflammation. There is also interest in using evening primrose oil for conditions that might result from metabolic deficiencies. For example, patients with premenstrual syndrome (PMS) are thought to have lower levels of GLA, possibly due to a defect in the conversion of linoleic acid to GLA. **Chaste Tree Berry** - Acts on the hypothalamic-pituitary axis, increase the production of luteinizing hormone and reduce prolactin levels. It shifts the estrogen-progesterone ratio and normalises it. There is some evidence of extracts assisting in conditions such as depression, irritability, anxiety, fatigue and headache associated with PMS. **Theanine** - Theanine has historically been used for its relaxing and anti-anxiety effects. It's thought that theanine might work for anxiety by increasing levels of GABA and serotonin.

CONTRA-INDICATION: Do not use if you currently have or previously had breast cancer and/or breast tumors or if you are predisposed to breast cancer, as indicated by abnormal mammogram and/or biopsy, or family member with breast cancer. Thyroid disorders, bleeding disorders, surgery (anti-platelet effects), anaemia, liver disorders, Schizophrenia, Antioplasty, Leber's disease, Diabetes, Hemochromatosis, Hypercalcaemia, renal osteodystrophy with hyperphosphataemia, epilepsy, kidney stones, cardiac conditions.

SIDE EFFECTS: Headaches, nausea, vomiting, diarrhoea, yellow-orange discolouration of the urine.

INTERACTIONS: Contraceptives, Dopamine agonists, Anti-coagulants, Tetracycline antibiotics, MAO, anticonvulsants, chemotherapy, statins.

PREGNANCY AND LACTATION: Not recommended during pregnancy or lactation.

DOSAGE AND DIRECTION FOR USE: Week 1: Start on the first day of menstruation. Take two purple tablets after breakfast. Week 2 & 3: Take two white tablets after breakfast. Week 4: Finish off pack take two pink tablets after breakfast.

IDENTIFICATION: Oval purple/ white/ pink tablets.

PRESENTATION: Purple/white/pink tablets packed in blister strips in a booklet, in an outer carton.

STORAGE INSTRUCTIONS: Store in a cool, dry place below or at 25°C. Keep out of reach of children.

NAME AND BUSINESS ADDRESS OF APPLICANT: Kenza Health (Pty) Ltd, Suite 177, Bag x7. Northriding 2162. Customer Care: 0860 103 359

Ver 008

DATE OF PUBLICATION OF THIS PACKAGE INSERT: OCTOBER 2015

NAAM (EN DOSIS VORM): FEMOLENE mylife ADULT

SAMESTELLING:

Bestanddele	Week 1	Week 2 -3	Week 4
D Biotien	Elke tablet bevat 8mcg	Elke tablet bevat 7.5mcg	Elke tablet bevat 50mcg
Cholien K- bitarraat	100mg	212.5mg	212.5mcg
Foliensuur	100mcg	200mcg	200mcg
Gemengde Carotenoïden	205mcg	250mcg	250mcg
Theanine			25mg
Vitamiën A	225iu	225iu	225iu
Vitamiën B1	800mcg	870mcg	2280mcg
Vitamiën B2	23.mg	45mg	44.6mg
Vitamiën B3	4mg	4mg	6mg
Vitamiën B5	2.5mg	2.5mg	6mg
Vitamiën B6	44.9mg	44.9mg	44.9mg
Vitamiën B12	2.3mcg	45mcg	44.6mcg
Askorbiensuur	37.3mg	37.5mg	60.6mg
Vitamiën E	7.5mg	7.5mg	21.9mg
Boor AAC		20mg	
Kalsiumkarbonaat	25mg	40mg	96.9mg
Chroompicolinaat	16mcg	9mcg	3mcg
Koper Gluconaat	2mg	751mcg	750mcg
Jodium	38mcg	38mcg	40mcg
Yster AAC	100mg		100mg
Magnesium*	6.5mg	10.5mg	33.6mg
Manganees Gluconaat	570mcg	570mcg	1.5mg
Molibdeen AAC	550mcg	550mcg	1.5mg
Fosfor AAC	37mg		
Selenium*	30mcg	30mcg	30mcg
Sink AAC	27.6mg	27.6mg	6mg
Chaste Tree Berry			15mg
Evening Primrose Olie (EPO)			250mg

Onakief: Mikrokrystalle Cell PH 102, Magnesiumstearaat, PVP K30, Compritol, Flexi bedekking wit, pienk, pers, Alkohol

FARMAKOLOGIESE KLASSIFIKASIE: D.21.8 Vroulike seks hormone. DS: Kombinasie produk. Hierdie medisyne is nog nie deur die Medisyne Beheer Sentrum evalueer nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie.

PHARMAKOLOGIESE AKSIES: **Vitamiën A** - Wisselwerking met kern reseptore wat bind aan reaksie elemente, wat steroïedhormone reguleer. **Vitamiën B1** - Sentrale rol in energie terughoudende metabolisme, veral koolhidrate. **Vitamiën B2** - Elektron draer in 'n wye verskeidenheid van oksidasie en verminder reaksies sentraal tot alle metaboliese prosesse. **Vitamiën B3** - Metabolisme van metaboliese brandstof. **Vitamiën B5** - Benutting is fosforilering. Sintese van COA. **Vitamiën B6** - Co-ensiem in die regulering van die optrede van steroïedhormone. **Vitamiën B12** - Koolstof fragmente in 'n wye verskeidenheid van biosintetiese en kataboliese reaksies. **Vitamiën C** - Verhoog die aktiwiteit van 'n aantal ensieme. Anti-oksidadant. **Vitamiën D** - Tree op soos 'n steroïde hormoon. Bind dan met hormoon reaksie elemente op DNA en moduleer die uitdrukking. **Vitamiën E** - Anti-oksidadant. Beperk kiemwortel skade as gevolg van oksidasie van PUFA. **D-Biotien** - Speel 'n rol in die beheer van die selsiklus. **Folic Acid** - Oordrag van koolstof fragmente in 'n wye verskeidenheid van biosintetiese en kataboliese reaksies. **Magnesiumoksied** - mede-faktor vir ensieme wat ATP benodig. **Kalsiumkarbonaat** - Kalsium word in die dunderd geabsorbeer deur trans-sellulere of para-sellulere roetes. Sink - Mede-faktor in meer as 100 verskillende ensieme; ontwikkeling van geslagsorgane. **Chroompicolinaat** - Daar word beweer dat Chroom die aktiewe komponent van glukose toleransie faktor (GTF) is. **Koper Gluconaat** - Daar word beweer dat koper, in kombinasie met sink, mangaan en kalsium dalk been verlies in postmenopousale vroue vertraag. **Jodium** - Daar word beweer dat jodium bors gesondheid ondersteun teen fibrosistiese borsweefsel. **Yster** - Aanduiding is; anemie. Daar word beweer dat Yster verhoed Rustelose benedroom (RBS), depressie, moegheid, vroulike onvrugbaarheid, menorrhagia (swaar menstruele bloeding). **Manganees Gluconaat** - Manganees ondersteun been gesondheid, en simptome van premenstruele sindroom (PMS). Voorlopige kliniese bewyse dui daarop dat deur die neem van mangaan (mondelings) in kombinasie met kalsium blyk te help om simptome van PMS te verbeter. **Molibdeen** - Noodsaaklike spoor minerale. Molibdeen word gereedlik uit die spysverteringskanaal geabsorbeer, deur 'n passiewe proses. **Fosfor** - Dit is van kritieke belang vir membraanstruktuur, vervoer, en die stoor van energie. Fosfaat speel 'n belangrike rol as 'n buffer vir liggaamsvloeistowwe, en speel 'n primêre rol in die uitskeiding van waterstofione. Betrokke by die oordrag van energie. **Selenium** - Na inname word selenium gemetaboliseer om waterstof selenide te vorm. Dit vorm 'n belangrike tussenganger. **Selenide** is noodsaaklik vir die aktiwiteit van seleno proteïene, soos die glutathione peroksidase ensiem (GSH-Px), wat oksidatiewe stres verminder deur die hantering van vrye radikale. **Cholien Bitarraat** - Cholien is tradisioneel beskou as 'n B-vitamiën. Dit is egter omstrede omdat cholien gesintetiseer kan word deur die menslike liggaam. **Cholien** word in die lewer geproduseer via die metilering van fosfatidylethanolamine. S-adenosylmethionine is die metiel skenker vir hierdie reaksie. Cholien word gebruik in selmembraan fosfolipiede en as 'n metiel skenker vir die sintese van baie inheemse verbindinge. Byvoorbeeld, kan choline geoksideer word om betaïne, wat dien as 'n metiel skenker, homosisteen omskep na metionien, dan S-adenosylmethionine. Cholien konsentreer in senuweeweefsel. **Gemengde Carotenoïden** - Betakaroteen word omgeskakel na retinale, wat noodsaaklik is vir visie en word daarna omgeskakel na retinoësuur, wat gebruik word vir die prosesse van groei en seldifferensiasie. **Evening Primrose Olie(EPO)** - Evening Primrose olie word verkry uit die saad van Oenothera biennis. Dit bevat 2% tot 16% gamma-linoleïensuur (GLA), 65-80% linoleïensuur en vitamien E. GLA verminder produksie van interleukin I (IL-1)-beta, wat betrokke mag wees in inflammasie. Daar is ook belangstelling in die gebruik evening primrose olie vir toestande wat mag voortspruit uit metaboliese tekorte. Byvoorbeeld, daar word vermoed dat pasiënte met premenstruele sindroom (PMS) laer vlakke van die GLA het, moontlik weens 'n defek in die omskakeling van linoleïensuur om GLA. **Chaste Tree Berry** - Reageer op die hipotalamus-pituitêre as, verhoog die produksie van luteïniserend hormoon en verminder prolaktien vlakke. Dit verskuif die estrogeen-progesteron verhouding en normaliseer dit. Daar is sekere bewyse dat die ekstrak help met toestande soos depressie, geïrriteerdheid, angs, moegheid en hoofpyn wat verband hou met PMS. **Theanine** - Theanine word histories gebruik vir die ontspanning en anti-angst effekte. Dit is van mening dat theanine kan werk vir angs deur die verhoging van vlakke van GABA en serotonien.

KONTRA-INDIKASIES: Moenie gebruik as jy tans het of voorheen borskanker en/of bors gewasse gehad het nie of as jy vatbaar vir borskanker is, soos aangedui deur abnormale mamogram en/of biopsie of familielid het met borskanker. Skildklierprobleme, bloeding verstourings, chirurgie (Antiplatelet effekte), anemie, lewer verstourings, skisofrenie, Angioplastie, Leber se siekte, Diabetes, hemochromatose, Hiperkalsemie, nier beendistofie met hyperphosphatemia, epilepsie, nierstene, kardiaale toestande.

NEWE EFFEKTE: Hoofpyn, naarheid, braking, diarree, geel-oranje verkleuring van die urine.

INTERAKSIES: Voorbehoedmiddels, dopamiëagoniste, Antikoagulante, Tetrasiklien antibiotika, MAO, antikonvulsante, chemoterapie, statins.

SWANGERSKAP EN BORSVOEDING: Nie aanbeveel gedurende swangerskap of borsvoeding nie.

DOSIS EN GEBRUIKSAANWYSINGS: Week 1: Begin op die eerste dag van menstruasie. Neem twee pers tablette na ontbyt. Week 2&3: Neem twee wit tablette na ontbyt. Week 4: Maak die pak klaar - Neem twee pienk tablette na ontbyt.

IDENTIFIKASIE: Ovaal pers/wit/pienk tablette

AANBIEDING: Pers/wit/pienk tablette verpak in blaas-stroke in 'n boekie in 'n buitenste karton.

BERGINGS INSTRUKSIES: Bewaar in 'n koel, droë plek onder of by 25 °C. Hou buite bereik van kinders.

NAAM EN BESIGHEIDS ADRES VAN APPLIKANT: Kenza Health (Pty) Ltd, Suite 177, P/Bag X7, Northriding, 2162. Kliëntediens: 0860 103 359

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