

SCHEDULING STATUS: Not Scheduled

PROPRIETY NAME (AND DOSAGE FORM): FEMOLENE mylife MATURE

COMPOSITION: Each capsule contains: Actives:

D Biotin	77mcg
Choline Bitartrate	137mcg
Folic Acid	100mcg
Mixed Carotenoids	205mcg
Vitamin A Acetate	290iu
Vitamin B1	2.3mg
Vitamin B2	5mg
Vitamin B3	4.9mg
Vitamin B5	3.7mg
Vitamin B6	4.10mg
Vitamin B12	5mcg
Ascorbic Acid	50mg
Vitamin D3	204iu
Vitamin E	25mg
Boron AAC	2mcg
Chromium Picolinate	25mcg
Copper Gluconate	385mcg
Iodine	38mcg
Magnesium *	37mg
Manganese Gluconate	1.2mg
Molybdenum AAC	291mcg
Selenium AAC	15mg
Zinc AAC	27.5mg
Soya Isoflavones	20mg
Calcium*	160mg

* Elemental

In-actives: Microcrystalline Cell pH 102, Calcium Carbonate DC, Magnesium Stearate, Compritol, PVP K30, Silicone Dioxide.

PHARMACOLOGICAL CLASSIFICATION: D. 21.8 Female sex hormones.

DISCIPLINE OF MEDICINE: Health Supplement. 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: **Soya Isoflavones** - Contains isoflavone glucosides genistein and daidzin which are metabolised in the bowel by β -glucosidase enzymes into aglycones which are then absorbed. Soy isoflavones are heterocyclic phenols with structural similarity to estradiol-17 β and selective estrogen receptor ER β modulators. The metabolite of daidzin, equol however also displays ER α receptor activity. **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. **Folic acid** - Transfer of one carbon fragments in a wide variety of biosynthetic and catabolic reactions. **Magnesium Oxide** - Co-factor for enzymes requiring ATP. **Zinc** - Co-factor 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 retinal, which is essential for vision and is subsequently converted to retinoic acid, which is used for processes involving growth and cell differentiation.

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 mamogram 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: Hormone replacement therapy (HRT), Anti-coagulants, Warfarin Tetracycline antibiotics, MAO, anticonvulsants, chemotherapy, statins.

PREGNANCY AND LACTATION: Not recommended during pregnancy or lactation.

DOSAGE AND DIRECTION FOR USE: Menopause: take two capsules twice a day.

IDENTIFICATION: Oval white capsules.

PRESENTATION: White capsules packed in blister strips in a booklet, in and 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

DATE OF PUBLICATION OF THIS PACKAGE INSERT: February 2017

SKEDULE STATUS: Nie geskeduleer

NAAM (EN DOSIS VORM): FEMOLENE mylife MATURE

SAMESTELLING: Elke kapsule bevat : Aktief:

D Biotien	77mcg
Cholien K- bitartraat	137mcg
Foliensuur	100mcg
Gemengde Carotenoïden	205mcg
Vitamiën A Acetate	290iu
Vitamiën B1	2.3mg
Vitamiën B2	5mg
Vitamiën B3	4.9mg
Vitamiën B5	3.7mg
Vitamiën B6	4.10mg
Vitamiën B12	5mcg
Askorbiensuur	50mg
Vitamiën D3	204iu
Vitamiën E	25mg
Boor AAC	2mcg
Chroompicolinaat	25mcg
Koper Gluconaat	385mcg
Jodium	38mcg
Magnesium*	37mg
Mangane Gluconaat	1.2mg
Molibdeën AAC	291mcg
Selenium AAC	15mg
Sink AAC	27.5mg
Soja Isoflavone	20mg
Kalsium*	160mg

Onaktief: Microcrystalline Cell pH 102, Calcium Carbonate DC, Magnesium Stearate, Compritol, PVP K30, Silicone Dioxide.

FARMAKOLOGIESE KLASSIFIKASIE: D.21.8 Vroulike seks hormone.

DISSIPLE VAN MEDISYNE: Gesondheidsaanvulling. Hierdie medisyne is nog nie deur die Medisyne Beheer Sentrum evalueer nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genes of voorkom nie.

PHARMAKOLOGIESE AKSIES: **Soja Isoflavone** - Bevat isoflavone glukosiede genistein en daidzin wat gemetaboliseer word in die derm deur B- glucosidase ensieme in aglikone wat dan geabsorbeer word. Soja isoflavone is heterosikliese fenole met strukturele ooreenkoms met oestradiol - 17B en selektiewe estrogeen reseptor ERB modulators. Die metaboliet van daidzin, equol vertoon egter ook ERa reseptor aktiwiteit. **Vitamiën A** - Wisselwerking met kern reseptore wat bind aan reaksie elemente, wat steroïed-hormone 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 steroïed-hormone. **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. **Folic Acid** - Oordrag van koolstof fragmente in 'n wye verskeidenheid van biosintetiese en kataboliese reaksies. **Magnesiumoksied** - mede-faktor vir ensieme wat ATP benodig. **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 fibrosiste borsweefsel. **Yster** - Aanduiding is; anemie. Daar word beweer dat Yster verhoed Rustelose bene-sindroom (RBS), depressie, moegheid, vroulike onvrugbaarheid, menorrhagia (swaar menstruele bloeding). **Mangane Gluconaat** - Mangane 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. **Molibdeën** - Noodsaaklike spoor minerale. Molibdeën word gereedelik uit die spysverteringskanaal geabsorbeer, deur 'n passiewe proses. **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 Bitartraat** - 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 verbindings. Byvoorbeeld, choline kan geoksideer word om betaïne, wat dien as 'n metiel skenker, homosistieën 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.

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 beendistrofie met hyperphosphatemia, epilepsie, nierstene, kardiaale toestande.

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

INTERAKSIES: Hormoonvervangingsterapie, antikoagulate, Warfirin, Tetracyline antibiotika, MAO , antikonsulsante, chemoterapie, statins

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

DOSIS EN GEBRUIKSAANWYSINGS: Menopause: Neem twee kapsules twee maal per dag.

IDENTIFIKASIE: Ovaal wit kapsule.

AANBIEDING: Wit kapsules 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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