



Femarelle®, the safe and effective choice to accompany you through menopause and beyond.

*Ask your healthcare provider if Femarelle® is right for you.*

For further information regarding Femarelle® and how it can improve your quality of life, please visit our website [www.femarelle.ca](http://www.femarelle.ca) or call 1-855-748-7223.

If Femarelle® is not available at your local retailer, your pharmacist can obtain it from their wholesaler for next day delivery. Contact Besins Healthcare if you need further assistance.



**Manufactured by:**  
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# Femarelle®

# MENOPAUSE

*Take control.*

**HOT** flushes?

**SLEEP** disturbances?

**NIGHT** sweats?



**Don't worry,  
you are not alone!**

You have joined the millions of women who are suffering from menopausal symptoms



## What is Menopause?

Menopause is the term that represents the end of menstruation. Estrogen levels eventually decrease to the point where buildup of the uterus lining no longer occurs, resulting in cessation of menstruation and onset of menopause.

The majority of women experience natural menopause between the ages of 45 and 55. However menopause can occur as early as in a woman's 30s and as late as in her 60s.

### Menopause is a natural event, not a disease.

The decrease in estrogen levels usually leads to menopausal symptoms, which can be divided into three categories:

**Vasomotor symptoms** - hot flashes, night sweats, and sleep disturbances.

**Psychological symptoms** - mood swings, irritability, a sense of 'lack of energy', tiredness, fatigue and sometimes even clinical depression.

**Physiological symptoms** - joint and muscle pain, and local estrogen deficiency, which leads to vaginal dryness, urinary infections, loss of libido and additional symptoms.

These symptoms can last from six months to 10 years and can have a major impact on a woman's quality of life.

## Are Menopausal Symptoms the Only Things to Worry About?

No, women go through a gradual bone loss process from the age of 30, which continues steadily. The decrease in estrogen levels in menopause further accelerates the bone loss process in women. This gradual bone loss should be of great concern to women since the escalating deterioration of bone often goes unnoticed, and is usually felt only when it is too late, when a fracture appears accompanied by great pain and suffering.

## What are the Essential Requirements for a Menopausal Therapy?

**Efficacy:** A solution that effectively manages the menopause transition by providing relief of menopausal symptoms while supporting bone health.

**Safety:** A solution that will not affect specific tissues, such as in the breast or uterus, that could lead to the development of unwanted diseases. Thus, a solution that is safe both in the short and in the long term.

Slowing the process of bone loss while alleviating menopausal symptoms requires a therapy that targets the physiological mechanisms affected by estrogen. For such a therapy to be safe, however, it must be selective.

The ultimate therapeutic concept for fulfilling these needs is a Selective Estrogen Receptor Modulator (SERM). A SERM affects estrogen receptors only in specific sites, relieving menopausal symptoms and having a positive effect on bone health, without affecting tissues in the breast and in the uterus.

## Is Such a Therapeutic Option Available?

Yes, **Femarelle®** is a product based on this concept.

Studies have shown that **Femarelle®** stimulates estrogen receptors in specific tissues, alleviating menopausal symptoms and promoting bone health, while having no negative effect on the uterus and the breast tissue.

**Femarelle®** is a plant-based Selective Estrogen Receptor Modulator (SERM) and can be termed a phytoSERM. **Femarelle®** is derived from a fermented soybean extract. **Femarelle® is not an estrogen.**

## Why is Femarelle® Right for Me?

Clinical studies show that Femarelle® provides fast acting relief, alleviating menopausal symptoms such as hot flashes and sleep disturbances.

Furthermore, **Femarelle®** has been proven to support bone health in menopausal women.

## Femarelle - the Safe Choice

In addition to the proven efficacy, studies also demonstrated the safety of **Femarelle®**. Since **Femarelle®** acts as a SERM it is able to target various parts of the body, relieving menopausal symptoms and promoting bone health, while having no effect on the breast and the uterus. **Femarelle®** has been available in other countries since 2000. To date there has been over 3.5 million months of therapy used with no reported serious side effects.