



Signora Piu



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Average contents	Per 1 bottle	NRV%*
Kudzu d.e.	175 mg	
Intake of Isoflavones	70 mg	
Red clover d.e.	50 mg	
Intake of Isoflavones	10 mg	
Dioscorrea d.e.	50 mg	
Intake of Diosgenin	10 mg	
Black Cohosh d.e.	150 mg	
Intake of Triterpenglycosides	3,75 mg	
Zinc	5 mg	50 %

* Nutritional Reference Value

The recommended dose is 1 tablet daily



Ingredients:

Kudzu (*Pueraria montana* var. *lobata* (Willd.) Sanjappa & Pradeep) root d.e. tit. 40% Isoflavones; Agents of filler: hydroxypropyl methylcellulose, microcrystalline cellulose; Black Cohosh (*Actaea racemosa* L.) rhizome d.e. tit. 2.5% Triterpene glycosides; Sodium alginate; Dioscorrea (*Dioscorea villosa* L.) rhizome d.e. tit. 20% Diosgenin; Red clover (*Trifolium pratense* L.) herb d.e. tit. 20% Isoflavones; Carboxymethylcellulose cross-linked sodium; Zinc gluconate; Agents anti-caking agents: silicon dioxide, magnesium salts of fatty acids.; Cocoa (*Theobroma cacao* L.) seeds pwd, Curcumin (*Curcuma longa* L.) rhizome eg.

References:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4523657/>
- <https://pubmed.ncbi.nlm.nih.gov/14971532/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4029542/>
- <https://pubmed.ncbi.nlm.nih.gov/11428178/>



Marketing Authorisation holder:
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Triple layer tablets

with chronoprogrammed release of Isoflavones from Red Clover and Kudzu with Dioscorrea, Black Cohosh and Zinc.





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It is a combination of herbal extracts that help alleviate menopausal symptoms and regulate menstrual cycle.

RED CLOVER:



Red clover contains phytoestrogens (i.e., isoflavones: formononetin, biochanin A, genistein, and daidzein), which **bind to the estrogen receptors and can elicit a weak agonist, antagonist, or partial agonist antagonist response**, depending on the target tissue.

A 2015 study in 60 premenopausal women found that taking red clover extract containing 37 mg of isoflavones daily for 12 weeks led to **less bone mineral density (BMD) loss** in the lumbar spine and neck, compared with the placebo group.

KUDZU:

Kudzu root contains phytoestrogens, plant compounds that scientists have found act **similarly to estrogen** in the human body. KUDZU did a great improvement in Pre and postmenopausal women with **vasomotor symptoms**, such as hot flashes and night sweats and other unpleasant symptoms, urogenital and psychological symptoms.



Black cohosh:

Black cohosh is most commonly used for menopausal symptoms, including **hot flashes** and night sweats, vaginal dryness, heart palpitations, tinnitus, vertigo, sleep disturbances, nervousness, and irritability.

The root of the black cohosh contains triterpene Glycosides which bind to the receptor for estrogen by selectively uppressing LH secretion (luteinizing hormone), the result is an estrogenic effect, which decreases climacteric symptoms such as hot flashes, diaphoresis and psychological disorders.

It was also found that the plant tends to reduce calcium levels and phosphorus in the blood, and promote the increase in mass bone, that help fighting osteoporosis typical of postmenopausal women.



Dioscorea:

The main components are saponins (dioscin, diosgenin), alkaloids (dioscorin).

Diosgenin presents interesting female hormone regulation, **anti-spasmodic** and **anti-inflammatory** effects that are particularly indicated for menopause and premenstrual syndrome.

Diosgenin is in fact a substance similar to **progesterone**, stimulates compact bone formation by inhibiting the cancellous bone resorption, leading to improvement of the bone structure of the cancellous bone tissue and compact.



Zinc:

Contributes to the maintenance of normal levels of testosterone in the blood. Normal testosterone levels are functional for the general health of women, they maintain the **healthy bones, promote cognitive health** and maintain **the sexual desire**. Zinc is also an excellent mood stabilizer and relieves symptoms of depression, especially if in women is caused by the hormonal disorders that accompany the menopause.



Made in Italy

30 tablets