

**Dear Doctor,**

Your patient \_\_\_\_\_ is interested in **Promensil** as a natural treatment for her menopause or post-menopause symptoms.

- Promensil contains a standardized dose of 4 key isoflavones (Genistein, Daidzein, Formononetin, Biochanin A) extracted from natural source red clover hay harvested under strict quality control in Switzerland and Austria. Promensil is manufactured under GMP license in Australia to pharmaceutical standards. Novogen operates under Canadian Site License #300872.
- Promensil is licensed by Health Canada as a Natural Health Product:
  - Promensil Regular Strength 40 mg NPN 80015467
  - Promensil Double Strength 80 mg NPN 80016071
  - Promensil Advance 40 mg plus 500 mg elemental calcium and 140 IU of vitamin D3 NPN 80016069
- The use of Promensil is supported by the SOGC in the article “Complementary and Hormonal Therapy for Vasomotor Symptom Relief: A Conservative Clinical Approach” by L. Nachtigall et al., published in the Journal of Obstetricians and Gynaecologists of Canada (JOGC) April 2006 pages 279-289. A copy can be viewed on our website **www.promensil.ca** in the Healthcare Professional section.
- A complete listing of peer-reviewed published studies supporting Promensil’s efficacy, quality and safety is also available on our website, as well as treatment guidelines, science of isoflavones, mechanisms of action, and risk information.
- Recommended dose (women – menopausal/post-menopause) is one tablet daily with food. If daytime symptoms are worse, take with breakfast; if nighttime symptoms are worse, take with the evening meal.
- Recommended duration of use: at least 6 months.
- Trial: start with Promensil Double Strength 80 mg:
  - Use DAILY for at least 8 weeks. Most women will experience efficacy in 3 to 8 weeks.
  - If the patient finds sufficient relief, she can try reducing the dose to 40 mg a day. If symptoms increase, she can return to the 80 mg daily dose.
- Recommended use for Promensil Double Strength 80 mg:
  - Helps reduce severe and frequent hot flashes; may reduce menopausal symptoms such as night sweats, sleeping disorders, nervousness, lack of concentration and vaginal dryness.
  - Helps to reduce Bone Mineral Density losses with adequate intake of calcium and vitamin D in post-menopausal women.
  - May support cardiovascular health by improving arterial compliance.

For a copy of “Promensil – A Clinical Summary” or the treatment algorithm, please call 1-877-417-7663 or send an email to **info@promensil.ca**.

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