

# HAVE I ALREADY STARTED MENOPAUSE?

With this simple test you can find out whether you have already started menopause or if it is imminent

**MENOPAUSE RATING SCALE (MRS)** – Which of the following complaints do you currently experience? Please tick the intensity of each complaint. If a section does not apply to you, please select «none».

	NONE	MILD	MODE-RATE	VERY SEVERE
1 <b>Hot flashes, perspiration</b> (increase in heat, attacks of perspiration)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 <b>Heart symptoms</b> (palpitations, racing heart, irregular heartbeat, tightness in the chest)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 <b>Sleep disturbances</b> (difficulty falling asleep, problems sleeping through, waking up too early)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 <b>Depressive moods</b> (despondency, sadness, tearfulness, lack of drive, mood swings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 <b>Irritability</b> (nervousness, inner tension, aggressiveness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 <b>Anxiety</b> (inner turmoil, panic)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 <b>Physical and mental exhaustion</b> (general deterioration in performance, impairment of memory, lapses in concentration, forgetfulness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 <b>Sexual problems</b> (changes in sexual desire, sexual activity and satisfaction)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 <b>Urinary problems</b> (problems when urinating, more frequent urination, involuntary leakage of urine)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 <b>Vaginal dryness</b> (dry or stinging feeling in the vagina, problems with sexual intercourse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11 <b>Joint and muscle symptoms</b> (pain in joint regions, rheumatoid symptoms)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 <b>Increased hair loss</b> (problems with thinning scalp hair)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13 <b>Age-related changes in skin appearance</b> (affects moisture, radiant complexion, wrinkles)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

DISCUSS THE RESULTS WITH YOUR DOCTOR.

# MENAPUL™

## 1 TABLET ONLY 1x DAILY



### HORMON-FREE

Give MENAPUL® a bit of time: it takes a little while for the effect to set in. MENAPUL® should be taken for at least two months to allow the beneficial effects to develop.

**TIP:** Be sure to drink enough water in order for the high-quality hyaluronic acid in MENAPUL® to take full effect.

MENAPUL® is free from animal components and lactose.

[facebook.com/menapul](https://facebook.com/menapul)

[@menapul\\_official](https://instagram.com/@menapul_official)

[menapul.com](https://menapul.com)

19-20-INT.08/20

**LENUSPHARMA**  
Innovative medicine

Firstline Pharmaceuticals Sdn Bhd  
3, Jalan 19/1, 46300 Petaling Jaya

[www.firstline.com.my](https://www.firstline.com.my)

# MENAPUL™

UNIQUE

## 2-IN-ONE MENOPAUSE RELIEF

- LESS COMPLAINTS
- MORE SKIN ELASTICITY



### HORMONE-FREE

80 MG MF11RCE®  
RED CLOVER-ISOFLAVONES  
112 MG HYALURONIC ACID

A product of  
 **LENUSPHARMA**  
Innovative medicine

**97%\*** OF PATIENTS EXPERIENCED A NOTICEABLE RELIEF FROM COMPLAINTS AFTER 2 MONTHS OF REGIMEN

★★★★★

\*Austrian case study, feedback with MRS questionnaire (n=68)

# MENOPAUSE

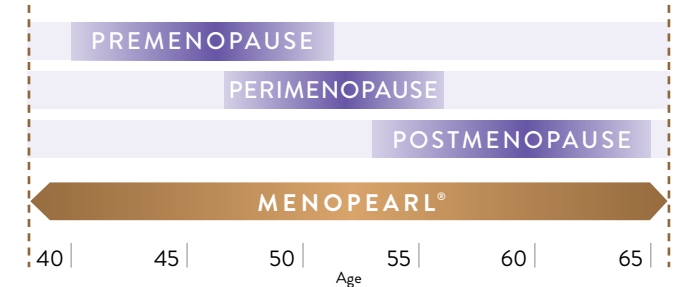
Hormonal changes of menopause can strongly impair the quality of life for women

Menopause begins with the decrease in hormone production in the ovaries (medically: climacterium). The onset can vary a great deal from woman to woman.

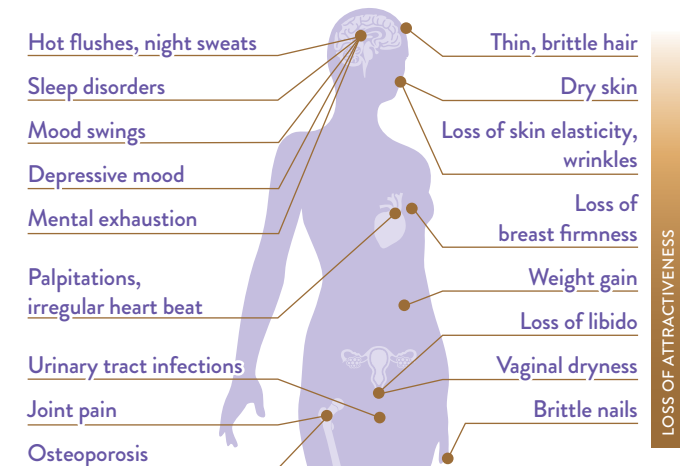
Menstrual bleeding starts to change and eventually stops altogether:

- Stronger or weaker bleeding
- Longer or shorter duration of bleeding
- Spotting
- Shorter or longer cycles

### MENOPAUSE – The 3 Phases



### MENOPAUSAL COMPLAINTS



LOSS OF ATTRACTIVENESS

# MENAPUL® – TWO-PRONGED EFFECT

## 1. HORMONE-FREE RELIEF FROM SYMPTOMS OF MENOPAUSE

MF11RCE® red clover: The four most important isoflavones in the best quality for your safety



MENAPUL® is a hormone-free product based on a high-quality red clover extract and was specially developed to support you from the very first signs of menopause.

**MF11RCE® Red Clover Isoflavones are safe for long-term use:**

- The safety, efficacy and tolerability of MF11RCE® has been extensively tested and confirmed.
- MF11RCE® is purely herbal and very well tolerated by the body.
- The European Food Safety Authority (EFSA) has confirmed that the long-term intake of isoflavones is safe.
- The Austrian Menopause Society recommends isoflavones for menopausal complaints.

**6 STUDIES**  
have proven the effectiveness of  
**MF11RCE® ISOFLAVONES**<sup>1-6)</sup>

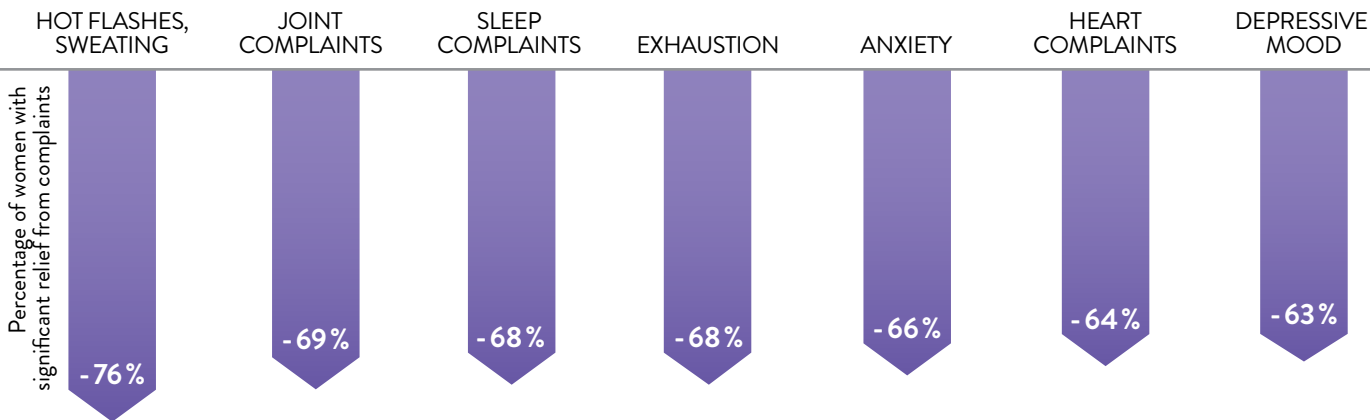
MF11RCE® is a special extract obtained from a particularly high-quality red clover plant with a precisely-defined, strictly-controlled ratio of the four most important isoflavones:

- Formononetin
- Biochanin A
- Genistein
- Daidzein

Only red clover from the European Union, cultivated according to the strict GAP (Good Agricultural Practice) requirements, is used for the production of MF11RCE®. In production, strictly-controlled processes are used to ensure the optimal composition and purity of the isoflavones.

Clinical data from the research group at the Landstein Institute confirm the effectiveness of MF11RCE® in a dosage of 80 mg.

**97%** OF PATIENTS EXPERIENCED A NOTICEABLE RELIEF FROM COMPLAINTS AFTER 2 MONTHS OF REGIMEN<sup>7)</sup>



## 2. SKIN REJUVENATION WITH HYALURONIC ACID

Low molecular hyaluronic acid for rapid absorption and optimal availability in the body

### OUR BODIES NEED HYALURONIC ACID

Scalp tissue & hair follicles

Eyes (vitreous body)

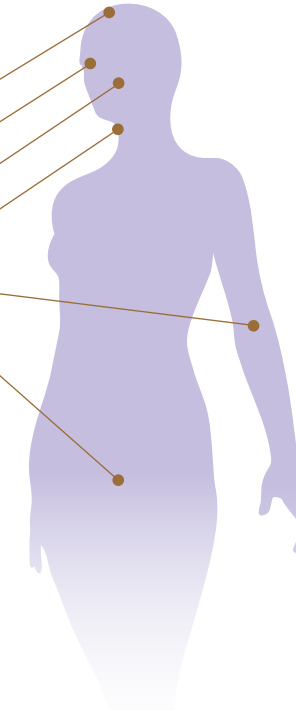
Gums

Skin (epidermis)<sup>8-10)</sup>

Joints (synovial fluid)<sup>11)</sup>

Vaginal health<sup>12)</sup>

Right from birth, every human being has a certain contingent of hyaluronic acid, which has the ability to bind very large amounts of water, keeping our skin elastic and firm.

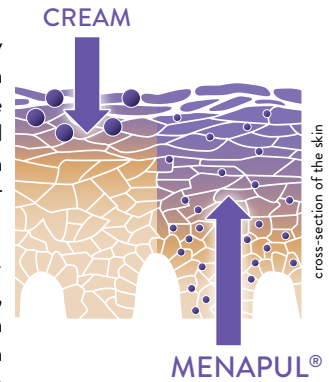


Hyaluronic acid is known primarily from the cosmetics industry as an ingredient of creams, but these cosmetic creams are intended for external application and can therefore only penetrate the outer layers of the skin.

When safely taken in an orally-intended consumption format, hyaluronic acid is able to reach all layers of the skin through the bloodstream and its effect is manifested from within.

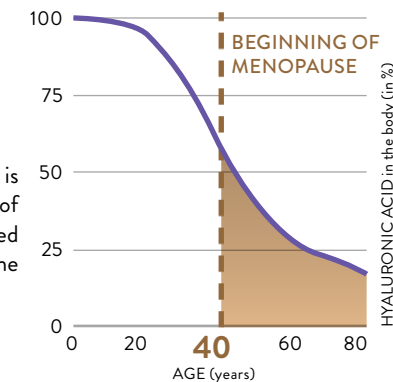
Thanks to its low molecular weight, the special hyaluronic acid in MENAPUL® can be even more quickly absorbed through the gastrointestinal tract compared to traditional oral preparations.<sup>13)</sup>

When taken regularly, MENAPUL® provides the skin and mucous membranes with additional, long-lasting moisture and can thus counteract the natural aging process.<sup>8-13)</sup>

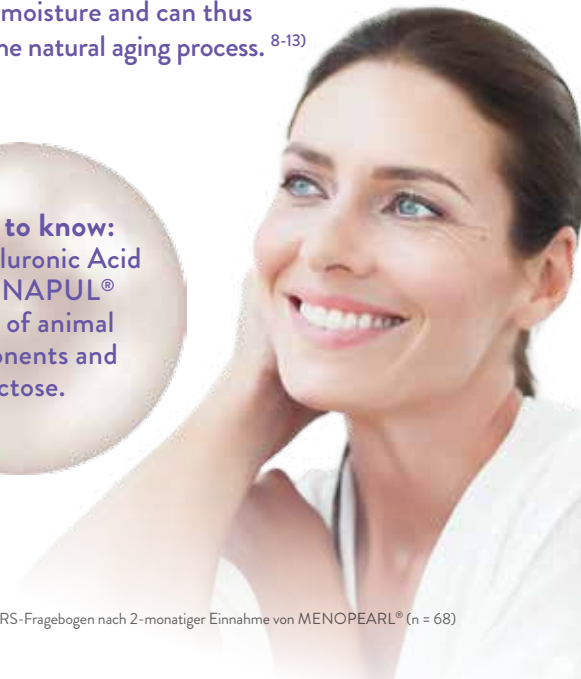


The natural hyaluronic acid content of the body decreases continuously with age

A particularly strong decline is seen in menopause: The level of hyaluronic acid in women aged 50 is only about 45% of the original value.



**Good to know:**  
The Hyaluronic Acid in MENAPUL® is free of animal components and lactose.



<sup>1)</sup> Imhof M. et al., Maturitas 2006; 55: 76-81. <sup>2)</sup> Lipovac M. et al., GynecolEndocrinol 2012; 28(3): 203-207. <sup>3)</sup> Lipovac M. et al., Maturitas 2010; 65: 258-261. <sup>4)</sup> Chedraui P. et al., Int J Gynaecol Obstet. 2006; 95(3): 296-7. <sup>5)</sup> Lipovac M. et al., Obstet Gynecol Int. 2011; 9493021. <sup>6)</sup> Lipovac M. et al., Fitoterapia 2015; 105: 93-101. <sup>7)</sup> Österreichische Fallstudie, Feedback mit MRS-Fragebogen nach 2-monatiger Einnahme von MENOPEARL® (n = 68). <sup>8)</sup> Oe M. et al., Clin. Cosmet. Investig. Dermatol. 2017; 10: 267-273. <sup>9)</sup> Kawada C. et al., J. Clin. Biochem. Nutr. 2015; 56(1): 66-73. <sup>10)</sup> Kawada C. et al., Nutr J. 2014; 13: 70. <sup>11)</sup> Oe M. et al., Nutr. J. 2016; 15: 11. <sup>12)</sup> La Galia T. et al., Int. J. Clin. Med. 2014; 5: 617-624. <sup>13)</sup> NutraCos. Nov./Dec. 2011: 3-7.