

# ERBA VITA cares for all women, of all ages.

**MENOPAUSE  
AND BONE TISSUE**

**PREGNANCY AND  
BREASTFEEDING**

**MENSTRUAL CYCLE**



LINEA  ONNA

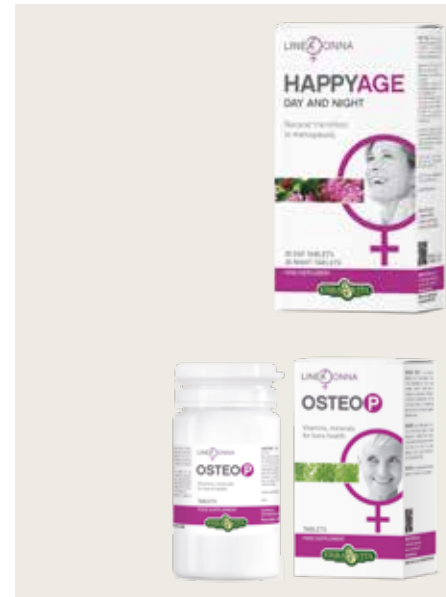
A **complete line** of products  
created for the needs  
of **every woman.**

Welcome to a healthy world.

Quality, Efficacy, Guarantee.



Erba Vita has always cared for people,  
and now focuses on all women of all ages.



**BIOLOGICAL  
ACTIONS  
VALIDATED  
BY RECENT  
SCIENTIFIC  
STUDIES**

## PERIMENOPAUSAL AND CLIMACTERIC SYNDROME

### HAPPYAGE DAY AND NIGHT

- With titrated and standardized herbal extracts, suitable for women aged 45 years and older.
- Integrated and natural solutions to deal with this phase of life serenely.
- Balances hormonal swings.

## OSTEOPOROSIS

### OSTEO-P

- Positive action on bone density and bone development.
- Allows full skeletal development.
- Suitable for vegetarians who may have inhibited absorption of key minerals, including calcium and magnesium due to the strong intake of dietary fiber.

## PREGNANCY AND BREASTFEEDING

### MULTIVITAMINERAL MAMMA (PREGNANT WOMEN)

- Multivitamin - multimineral supplement, enriched with DHA.
- Suitable for the metabolic needs of women during pregnancy and breastfeeding.

### LACTASEN

- Promotes breast milk secretion.
- Improves quantity and quality of milk supply.
- Specific adjuvant in case of insufficient milk secretion.

### FERRO EV

- Women who have an onset of anemia during pregnancy.
- Increased need for this mineral during pregnancy and breastfeeding.

## PREMENSTRUAL SYNDROME AND CYCLE IRREGULARITIES

### DOLMESTR URTO

- Relief for all premenstrual syndrome symptoms.
- Reduces pain and spasms.

### DOLMESTR MESE

- Helps menstrual cycle irregularity.
- Helps amenorrhea and dysmenorrhea.
- Helps female acne due to hormonal imbalances.

MENOPAUSE AND BONE TISSUE

PREGNANCY AND BREASTFEEDING

MENSTRUAL CYCLE

# The two most common problems in women aged 45 years and older: MENOPAUSE AND OSTEOPOROSIS.

**MENOPAUSE:** physiological period of every woman's life during which several ailments occur.

## VASOMOTOR INSTABILITY

- Daytime and night-time excessive hot flashes and sweating.
- Vegetative phenomena, tachycardia and headaches.
- Possible cardiovascular problems.

## PSYCHOGENIC AND COGNITIVE DISORDERS

- Insomnia.
- Mood.
- Anxiety and irritability.
- Difficulty concentrating.
- Waking at night.

## EPIDERMIS, SKIN AND MUCOSA RELATED

- Reduced elasticity and more sensitive skin.
- Dystrophic disorders in the skin.
- Vaginal dryness.
- Disorders of the genitourinary character.

**OSTEOPOROSIS:** a large percentage of women are affected.

## WHEN IT OCCURS

1. With aging.

## WHAT IT IS

1. There is a slow but progressive reduction of bone components.
2. Greater bone fragility and a greater chance of fractures.

## WHY IT OCCURS

1. From pre-menopause onwards, as estrogen reduces, bone mass tends to reduce as well.
2. Reduced assimilation of minerals that help to deplete bone mass. The phenomenon is currently more apparent thanks to greater longevity.

## THE DETERMINING FACTORS

1. Genetics: the decrease of bone mass depends on genetic factors (for about 60%).
2. Nutrition: food choices and intake of minerals such as Calcium are also essential for bone development.
3. Sedentary lifestyle: lack of physical activity can lead to a loss of bone mass.
4. Drug therapies: chronic use of medications can interfere with bone metabolism or with the intestinal absorption of calcium.

## PREVENTION

1. With proper integration of Vitamins and Minerals and plant extracts designed to compensate for deficiencies for women in this age group.
2. Exercise: physical activity is essential, at all stages of life; especially from pre-menopause onwards for the beneficial effects on bones and joints.

# Vitamin K<sub>2</sub>.

**Vitamin K<sub>2</sub>:** its biological actions are related to the proper functioning of clotting factors, matrix GLA protein and Osteocalcin.

## Osteocalcin and the biological role of Vitamin K<sub>2</sub>.

### WHAT OSTEOCALCIN IS

Protein that is essential for bone mineralization.

### LOCALIZATION OF OSTEOCALCIN

It is the most abundant non-collagenous protein in the bone.

### SYNERGIC ACTIONS WITH VITAMIN K<sub>2</sub>

Osteocalcin performs its action only when it is carboxylated (that is, activated by Vitamin K<sub>2</sub>, which plays the fundamental role of cofactor).

A low degree of Osteocalcin carboxylation causes increased bone fragility, supplementation of Vitamin K<sub>2</sub> is essential for its strategic biological role.

### ACTION MECHANISM OF OSTEOCALCIN

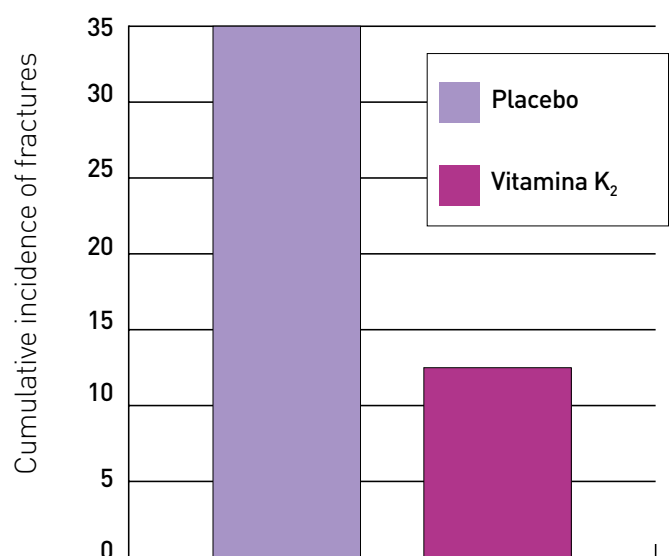
It is able to bind the hydroxyapatite crystals (65% of the bone structure) and to adjust its growth, stimulating osteoblasts (cells that build bone mass), inhibits osteoclasts (cells used for the disintegration of bone mass).

### FURTHER SCIENTIFIC EVIDENCE ON VITAMIN K<sub>2</sub>

Recent scientific studies show that vitamin K<sub>2</sub> contrasts and reduces the negative phenomenon of calcification in blood vessels and therefore has an active role in the prevention of progressive hardening of the arteries.

Effect of Vitamin K<sub>2</sub> on the incidence of fractures compared to placebo

In subjects who took Vitamin K<sub>2</sub>, we noted a significantly more reduced incidence of bone fractures compared to placebo (control group).



# HAPPYAGE DAY AND NIGHT

Useful to promote the natural transition to menopause.

- Reduces hot flashes, even at night.
- Reduces tachycardia, anxiety and mood swings.
- Balances hormonal swings physiologically.
- Multi-systemic action suitable in pre-menopause, menopause and post-menopause.
- Daily intake of 80 mg of Soy and Red clover glycone and aglycone isoflavones.

**Contains:** Soy, Dioscorea, Red Clover, Cimicifuga, Maca, Horsetail, Calcium, Vitamin K<sub>2</sub>, Vitamin D<sub>3</sub> and Vitamin B<sub>6</sub> (**day tablet**).  
Valerian, Soy, black Cohosh, Chinese angelica, Calcium and liposomal Magnesium (**night tablet**).

**Dosage and use:** 1 day tablet in the morning and 1 night tablet in the evening before bedtime.

**Contains:** 30 day tablets  
30 night tablets

NEW DAY  
AND NIGHT  
FORMULA



## Why glycone and aglycone soy isoflavones?

- **Aglycone** allows rapid absorption.
  - **Glycone** requires the biological activation phase.
- The 2 forms ensure **greater coverage throughout the day**.

# OSTEO-P

Useful for the prevention of osteoporosis.

- Suitable for improved bone remineralisation and reduced risk of fractures.
- Allows optimal skeletal development.
- Enriched with Vitamin K<sub>2</sub>, Vitamin D<sub>3</sub>, Zinc and Horsetail.
- Essential and balanced micronutrients to promote bone metabolism.

**Contains:** Horsetail (7% silica), Fossil Coral Calcium, Magnesium, Zinc, Vitamin K<sub>2</sub> and Vitamin D<sub>3</sub>.

**Dosage and use:** 3 tablets daily, preferably with meals.

**Contains:** 60 tablets

WITH FOSSIL  
CORAL  
CALCIUM AND  
MAGNESIUM



## Fossil coral calcium: a natural source of Calcium and trace elements.

The coral calcium carbonate, in the form of aragonite, has a highly porous structure (43%) and a high specific surface, which gives a wide bioavailability to coral fossil calcium carbonate. Inside, in addition to calcium, there are 74 trace elements that, as cofactors are essential for the proper functioning of biochemical reactions.

From natural source it does not tend to cause hypercalcemia, thus eliminating the risk of overdose.



# Herbs and nutritional factors useful in Perimenopausal/climacteric syndrome and prevention of osteoporosis.

PLANT OR MICRONUTRIENT SPECIES	MAIN FUNCTIONS	HAPPYAGE DAY AND NIGHT	OSTEO-P
<b>SOY</b> (Glycine max (L.) Merr.) <i>dry extract</i> seeds, <i>standardized to 40% glycone and aglycone isoflavones</i>	egulates hormonal imbalances, countering menopausal symptoms. Antioxidant . Protects the cardiovascular system.	<b>D N</b>	
<b>DIOSCOREA</b> (Dioscorea opposita Thunb.) rhizome	Regulates menopause hormonal imbalances thanks to the active ingredients with similar biochemistry to that of progesterone (including diosgenin)	<b>D</b>	
<b>RED CLOVER</b> (Trifolium pratense L.) flowers	Helps menopausal symptoms thanks to its specific phytoestrogens (biochanin A, formononetin, genistein and daidzein)	<b>D</b>	
<b>CIMICIFUGA</b> (Cimicifuga racemosa Nutt.) rhizome	Acts on the endocrine system by inhibiting the secretion of LH, luteinizing hormone. Relieves menopausal symptoms thanks to the richness of triterpene glycosides (lacteina, racemoside, cimicifugoside) and an isoflavone, formononetin.	<b>D N</b>	
<b>MACA</b> (Lepidium meyenii Walp.) root	Helps women of all ages in terms of energy and adaptogen, including the climacteric period.	<b>D</b>	
<b>HORSETAIL</b> (Equisetum arvense L.) top part	Participates in the calcification process of bones thanks to the presence of flavonoids, saponosides and silicon (contained in the form of silica).	<b>D</b>	●
<b>VALERIAN</b> (Valeriana officinalis L.) root	Soothes and calms anxiety, excitement and reduces palpitations. Promotes sleep, helping to fall sleep.	<b>N</b>	
<b>CHINESE ANGELICA</b> (Angelica sinensis Diels.) root	Reduces hot flashes thanks to estrogen-like activity. Has a positive effect on mood. Beneficial effects in cases of irregular menstruation or gynecological disorders.	<b>N</b>	
<b>CALCIUM</b>	Acts on the contraction of all muscle tissues. A fundamental bone component, also acts on the nervous tissue	<b>D N</b>	
<b>FOSSIL CORAL CALCIUM</b>	Significantly influences the pharmacokinetics performance, thus increasing the bioavailability of calcium. Avoids hypercalcemia, eliminating the risks of overdose being of natural origin.		●
<b>MAGNESIUM</b>	Reduces the symptoms associated with menopause. Regulates nerve impulses in case of muscle cramps. Activates the production of energy in case of physical fatigue. Reduces anxiety, stress and irritability. Supports the cardiovascular system. Assists over 300 enzymes. Participates in the process of calcium fixation in bones, playing an active role against osteoporosis.	<b>N</b>	●
<b>VITAMIN D<sub>3</sub></b>	Regulates the metabolism of calcium facilitating intestinal absorption and contributes to physiological skeletal development. Prevents postmenopausal osteoporosis.	<b>D</b>	●
<b>VITAMIN K<sub>2</sub></b>	Active role in bone mineralization. Proper functioning of coagulation factors and matrix GLA protein (gamma-hydroxyglutamic acid). Optimizes the functioning of Osteocalcin, an essential protein for bone mineralization.	<b>D</b>	●
<b>VITAMIN B<sub>6</sub></b>	Provides energy and tone to the body and counteracts physical and mental fatigue. Stimulates the immune system. Ensures the effectiveness and action of more than 60 enzymes.	<b>D</b>	
<b>ZINC PIDOLATE</b>	It performs many functions in the body: it is a constituent of more than 2000 enzymes involved in bone metabolism, in the digestion of proteins, RNA synthesis, electron transport, and aerobic and anaerobic energy production. It also plays an important role in carbohydrate digestion and metabolism of phosphorus. It is also important in DNA synthesis. Zinc pidolate is rapidly absorbed in the upper small intestine, in an amount higher than any other salt.		●

# Micronutrients, vitamins and minerals needed in PRE-CONCEPTION, PREGNANCY and BREASTFEEDING.

## PREGNANCY AND BREASTFEEDING

It is essential that pregnant women reach optimal nutritional status before, during and after pregnancy. Pregnancy and breastfeeding represent an important period in the life of every woman; at this stage nutrition has a fundamental effect on the health of both the mother and the child.



## BALANCED NUTRITION

It is recommended to follow a balanced diet, which provides the intake of all nutrients.



## FOOD SUPPLEMENTS, MULTIVITAMINS AND MINERALS

It is essential that during pregnancy and breastfeeding women ensure, even with supplementation, the intake of essential nutrients such as Vitamins and Minerals; proper intake of these nutrients ensures normal pregnancy.



## HERBAL EXTRACTS AND BREASTFEEDING

It is also recommended to use medicinal plants with galattofora action, which act by increasing the qualitative and quantitative composition of breast milk and prevent the body from using and depleting internal biological reserves to produce it.

## RECOMMENDED DAILY ALLOWANCE (RDA) OF NUTRIENTS AND ENERGY FOR THE ITALIAN POPULATION (NATIONAL CONGRESS SINU 2012)

VITAMINS	Age	Vit.C (mg)	Vit. B <sub>1</sub> (mg)	Vit. B <sub>2</sub> (mg)	Vit. B <sub>3</sub> (mg NE)	Vit. B <sub>5</sub> (mg)	Vit. B <sub>6</sub> (mg)	Biotina (µg)	Folati (µg)	Vit. B <sub>12</sub> (µg)	Vit. A (µg RE)	Vit. D (µg)	Vit. E (mg α-TE)	Vit. K (µg)
Women	18 59	85	1,1	1,3	18	5,0	1,3	30	400	2,4	600	15	12	140
Pregnancy		100	1,4	1,7	22	6,0	1,9	35	600	2,6	700	15	12	140
Breastfeeding		130	1,4	1,8	22	7,0	2,0	35	500	2,8	1000	15	15	140

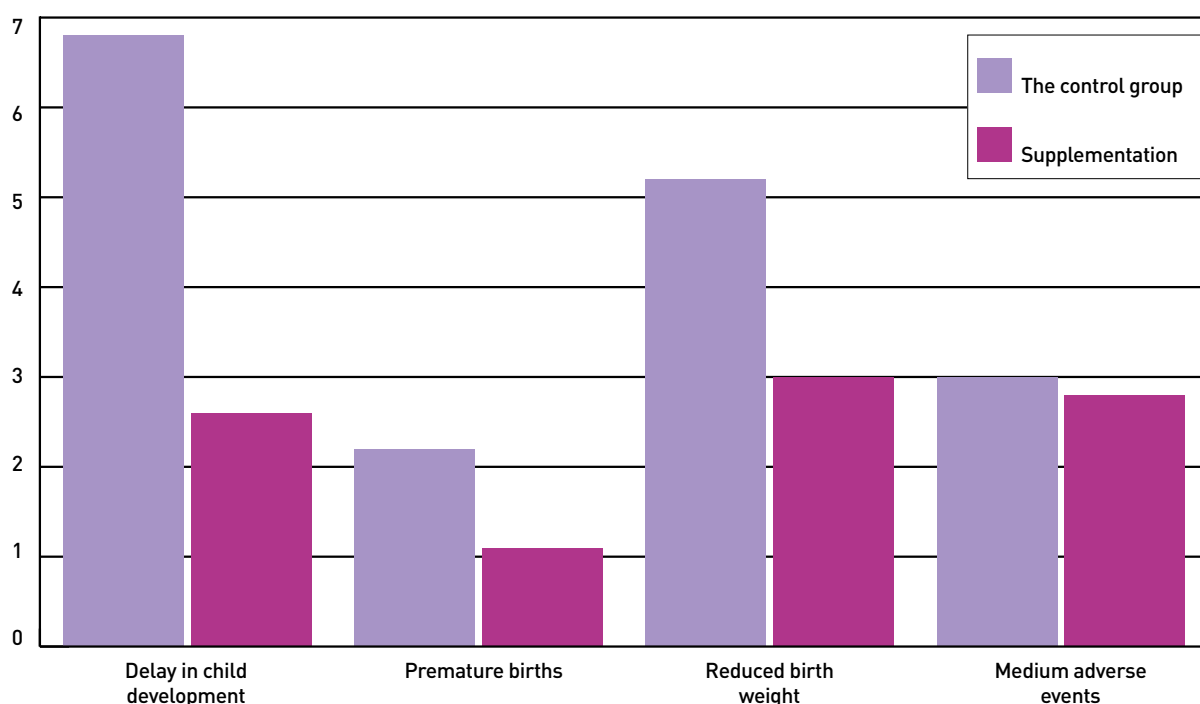
  

MINERALS	Age	Ca (mg)	P (mg)	Mg (mg)	Na (g)	K (g)	Cl (g)	Fe (mg)	Zn (mg)	Cu (mg)	Se (µg)	I (µg)	Mn (mg)	Mo (µg)	Cr (µg)	F (mg)
Women	18 59	1.000	700	240	1,5	3,9	2,3	18	8	0,9	55	150	2,3	45	25	3
Pregnancy		1.000	700	240	1,5	3,9	2,3	27	11	1,2	55	220	2,5	50	30	3
Breastfeeding		1.000	700	240	1,5	3,9	2,3	11	13	1,6	70	290	3,1	50	45	3



## The benefits of DHA intake and other nutrients during pregnancy.

DHA (polyunsaturated fatty acid, Omega series) has the central role in the development of the fetus; it fosters brain development, heart function, the proper development of the nervous system and visual abilities.



The graph shows the benefits of supplementation of DHA, Folic Acid, Vitamin D and Iodine (Supplementation - highlighted in pink) compared with the placebo (control group - highlighted in purple), on a scale from 0 to 7. Source: Nutrients, 2012, 4 (7), 799-840.

## Support to Linea Donna: Ferro EV.



**During pregnancy and breastfeeding!**  
30 mg of Iron + 400 mcg of folic acid

# MULTIVITAMINERAL MAMMA

Suitable for the metabolic needs of women during pregnancy and breastfeeding.

- With 200 mg of DHA from fish oil, daily amount recommended by the European Consensus Conference on the recommendations for the intake of fatty acids during pregnancy and breastfeeding (PeriLip).
- Balanced formula in accordance with the levels of the recommended daily allowance (RDA).

**Contains:** DHA, Chromium, Iron, Fluorine, Iodine, Magnesium, Manganese, Copper, Selenium, Zinc, Thiamine (Vitamin B<sub>1</sub>), Riboflavin (Vitamin B<sub>2</sub>), Niacin (Vitamin B<sub>3</sub>), Pantothenic Acid (Vit B<sub>5</sub>), Vitamin B<sub>6</sub>, Folic Acid (Vitamin B<sub>9</sub>), Vitamin B<sub>12</sub>, Vitamin C, Vitamin D, Vitamin E and Vitamin H.

**Dosage and use:** 1 pearl daily with plenty of water or other liquid.  
(In case you plan to become pregnant, it is recommended to supplement with the product about a month prior to the possible conception and throughout the course of pregnancy and breastfeeding.)

**Contains:** 30 pearls

11 VITAMINS,  
9 MINERALS,  
WITH DHA

1 PEARL  
DAILY



**DHA** (polyunsaturated fatty acid Omega series): central role in the development of the fetus, fosters brain development, heart function, the proper development of the nervous system and visual abilities.

# LACTASEN

Stimulates the production and improves quality of breast milk.

- Selected phyto-extracts with galactagogue action.
- Medicinal herbs carefully selected to support women and breastfeeding.
- The product can also be taken for prolonged periods, from birth and during breastfeeding.
- The galactagogue functionality of the product is carried out by Galega in synergy with the Greek Hay. Altea and Plantain play a digestive and emollient action.
- Lutein has an antioxidant and protective effect on visual function.

**Contains:** Galega, Greek hay, Altea, Plantain and Lutein.

**Dosage and use:** 1 -2 capsules daily, between meals.

**Contains:** 45 capsules

ENRICHED  
IN LUTEIN



## Galega:

Promotes the increase in the amount of milk produced and increases the content in nutrients.

# Micronutrients, Vitamins and Minerals needed during pre-conception, pregnancy and breastfeeding.

PLANT OR MICRO-NUTRIENT SPECIES	MAIN FUNCTIONS	MULTIVITAMINERAL MAMMA	LACTASEN
<b>GALEGA</b> (Galega officinalis L.) top part	Stimulates the secretion of milk in breastfeeding mothers. Increases content in nutrients.		●
<b>GREEK HAY</b> (Trigonella foenum-graecum L.) seeds	It has stimulant and tonic properties that make it suitable in case of malnutrition, frailty, convalescence and breastfeeding. Contains a good presence of minerals, vitamins and other important micro-nutrients.		●
<b>PLANTAIN</b> (Plantago lanceolata L.) top part	It is known for its anti-cough, expectorant, antibacterial, anti-inflammatory and astringent properties. Contributes to the soothing action of the mucous membranes and thereby protects them from further aggression.		●
<b>ALTEA</b> (Althaea officinalis L.) root	Protects against irritation thanks to emollient and anti-inflammatory action.		●
<b>LUTEIN</b>	Protects newborns from oxidative perinatal stress and promotes visual function. It is electively present in the retina, the macula lutea (hence the name) and in the lens.		●
<b>DHA</b>	Important micronutrient during preconception, conception and post-conception. Plays a central role in the development of the fetus (promotes brain maturation, cardiac function and the proper development of the nervous system and visual abilities). Assists post-partum depression.	●	
<b>WATER-SOLUBLE AND LIPOSOLUBLE VITAMIN COMPLEX</b>	Important nutritional factors whose contribution comes exclusively from nutrition and supplementation and with a range of basic functions for survival; the vitamins contribute to the production of hormones, blood cells, the genetic material and some constituents of the nervous system. Also performs the function of catalysts (that is control of the performance of numerous enzymatic reactions).	●	
<b>MINERALS</b>	Involved in the regulation of salt equilibrium and water homeostasis (Magnesium). Involved in the formation of tissues, bones and teeth (calcium, phosphorus, manganese). Regulate fundamental metabolic and functional processes, such as oxygen transport and muscle contraction.	●	

# Cycle irregularities and premenstrual syndrome.

## Premenstrual syndrome

- Irritability, emotional tension.
- Mood swings.
- Possible feeling of insecurity.
- Tendency to cry.
- Aggressiveness.
- Difficulty concentrating.
- Tiredness.
- Breast tenderness, breast pain.
- Abdominal bloating.
- Swelling from fluid retention to the upper and lower limbs.
- Headache, migraine.

## Cycle disorders and irregularities

- Dysmenorrhoea (flow preceded or accompanied by pain).
- Amenorrhoea (absence of menstruation).
- Polymenorrhea (menstruation cycles too close).
- Oligomenorrhoea (menstruation cycles more spaced in time).

## Dysmenorrhoea

### WHAT IT IS

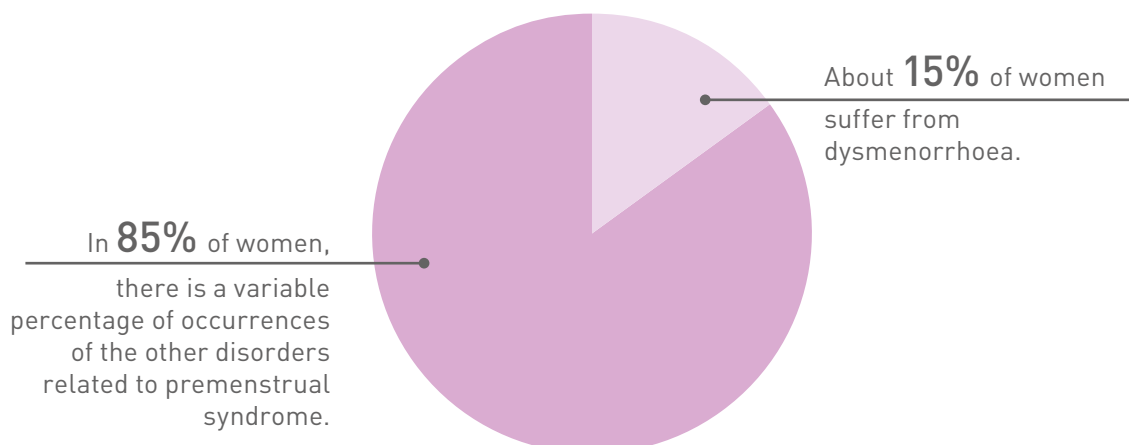
Particularly painful menstruation with both local and general symptoms (e.g., breast tenderness, local pain in the pelvis, but also headaches or migraines, fatigue).

### WHO IT AFFECTS

10-15% of women suffer from particularly painful menstruation and in some cases the pain is so intense as to affect normal daily activities.

### CAUSES

It is often difficult to establish, due to the considerable subjectivity of symptoms. Can be attributed to altered ovarian function, or other alterations in the uterus, or, finally, to unclear pathological reasons, from the nervous and endocrine systems.



# The plant of choice for women: CHASTE TREE (*Vitex agnus-castus* L.).

It is a much appreciated and studied botanical species for its remarkable applications in females, both for its action in premenstrual syndrome, and for balancing and regularizing the cycle.

## CHASTE TREE REDUCES SOMATIC SYMPTOMS.



- Bloating.
- Painful breast tensions (breast pain).
- Autonomic disorders: feelings of nausea.
- Headache.
- Swelling from water retention in the hands, ankles and feet.
- Palpitations.
- Painful symptoms and spasms.

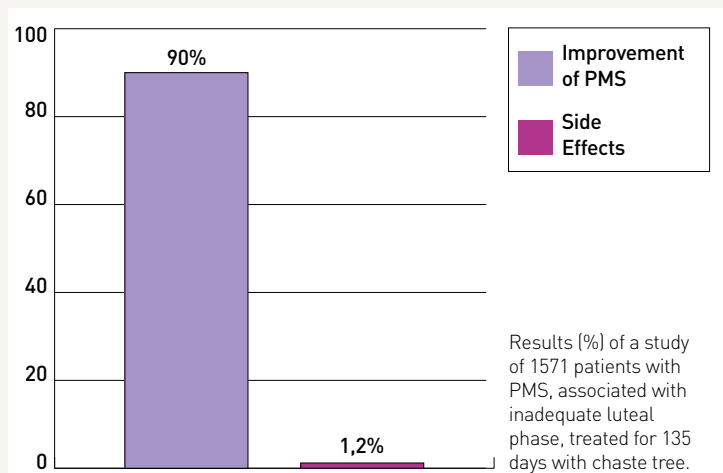
## CHASTE TREE REDUCES PSYCHO-BEHAVIOURAL SYMPTOMS.



- Irritability.
- Anxiety and tension.
- Tiredness.
- Mood swings.
- Emotional eating, nervous hunger.
- Tendency to isolation and to tears.

## Effects of Chaste tree on the overall symptoms of PMS (premenstrual syndrome)

*Chaste tree is also a safe medicinal plant:  
there is always a scarce presence of side effects  
due to its intake.*



# DOLMESTR URTO

Useful as an adjuvant to counteract the symptoms of premenstrual syndrome.

- Relieves painful sensations.
- Helps alleviate breast tenderness (mastalgia and breast pain).
- Helps mood swings and emotional eating.
- Relaxes the body, and reduces nervous tension and irritability.
- Prevents water retention.
- Synergistic association with plants with soothing, analgesic and anti-inflammatory action.

**Contains:** Raspberry, Chaste Tree, White Willow, Sage, Feverfew, Chamomile, Chinese angelica, Ortosiphon, Iron trace element, Magnesium trace element and Vitamin B<sub>6</sub>.

**Dosage and use:** 20 to 50 drops diluted in a glass of water, three times a day.

**Contains:** 50 ml



## Rubus idaeus L. (Raspberry): The bud extract of women.

The glycerine macerate Rubus idaeus acts on the female genital tract. In gemmotherapy it is used for premenstrual syndrome and all related disorders, according to gemmotherapy tradition it exerts a **balancing action of the autonomic nervous system**, relieving the main psychological problems: mood swings, crying spells for no reason, irritability, nervousness and anxiety. On the physical aspect **balances the hormonal system**: it has a positive effect on the menstrual cycle, exerts a decongestant and relaxing action on the uterine muscle and stimulates ovarian function. Its consumption is also indicated for breast tenderness, water retention and particular types of acne forms.

# DOLMESTR MESE

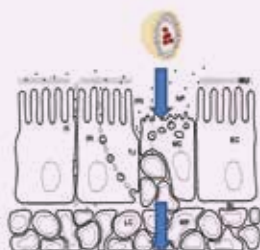
Useful as an adjuvant in case of irregularities of the menstrual cycle.

- Balancing and regularizing action for the menstrual cycle.
- Helps female acne due to prolactine abnormalities.
- The use of plant extracts in combination with Vitamins and Minerals prevents the onset of the typical side effects of estrogen-progestin drugs.
- With Magnesium in liposomal form, with high bioavailability and tolerability.

**Contains:** Chaste Tree, Turmeric, Fennel, liposomal Magnesium and Vitamin B<sub>6</sub>.

**Dosage and use:** 1 tablet a day (it is recommended to prolong the treatment for at least 2 months).

**Contains:** 30 tablets



## MAGNESIUM IN LIPOSOMAL FORM

The mineral in liposomal form is absorbed by endocytosis, passing directly into the lymph and via this in the liver: for this reason it has maximum absorption and greater bioavailability compared to traditional minerals.

The nutritional supplementation of minerals in the liposomal form ensures excellent tolerability because, not interacting directly with the mucous membranes does not cause the classic gastro-intestinal disorders typical of simple minerals.

# DOLMESTR

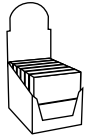
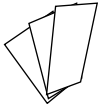
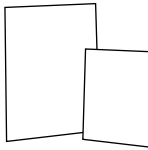








## In case of cycle irregularities and premenstrual syndrome.

PLANT OR MICRO-NUTRIENT SPECIES	MAIN FUNCTIONS	DOLMESTR URTO	DOLMESTR MESE
<b>CHASTE TREE</b> (Vitex agnus-castus L.) fruits	Reduces disorders of the female menstrual cycle.	●	●
<b>RASPBERRY</b> (Rubus idaeus L.) young shoots	Counteracts the painful symptoms that manifests immediately before or at the beginning of menstruation, it is also used in the presence of water retention, and increase in breast tension and irritability.	●	
<b>WHITE WILLOW</b> (Salix alba L.) bark	It inhibits the synthesis of prostaglandins, alleviating the painful symptoms due to analgesic and anti-inflammatory actions similar to aspirin.	●	
<b>FEVERFEW</b> (Tanacetum parthenium Sch. Bip.) top part with flowers	Intervenes in the prophylaxis of headaches and migraines, as an emmenagogue and calming action. Relieves menstrual pain.	●	
<b>TURMERIC</b> (Curcuma longa L.) rhizome	It has remarkable anti-inflammatory and analgesic, antioxidant, chemo-preventive gastroepato-protective action thanks to its best-known component: Turmeric.		●
<b>SAGE</b> (Salvia officinalis L.) leaves	It has emmenagogue action (promotes menstruation), which is useful in the event of amenorrhea. It is known for its analgesic action in cases of painful menstruation; it helps to modulate irregular cycles and contrasts irritability typical of PMS.	●	
<b>CHINESE ANGELICA</b> (Angelica sinensis Diels.) root	Has a beneficial effect in cases of menstrual irregularity and gynecological disorders. It is useful to reduce menstrual pain.	●	
<b>ORTHOSIPHON</b> (Orthosiphon stamineus Benth) leaves	Useful in case of excessive swelling in the limbs, due to an accumulation of fluid, thanks to its diuretic properties. It acts on premenstrual water retention.	●	
<b>CHAMOMILE</b> (Matricaria chamomilla L.) flowers	It has analgesic, anti-inflammatory, antiseptic, antispasmodic, sedative, tonic, eupeptic (which help digestion), emmenagogue (promoting the menstrual cycle) and carminative effects.	●	
<b>MAGNESIUM</b>	Reduces symptoms of premenstrual syndrome. Acts on the processes involved in the production of energy in cases of physical fatigue. Reduces the anxiety, stress and irritability. Promotes proper functioning of the cardiovascular system.		●
<b>VITAMIN B<sub>6</sub></b>	Ensures the effectiveness of more than 60 enzymes and stimulates the immune system. It gives tone and energy to the body and counteracts physical and mental fatigue.	●	●
<b>FENNEL</b> (Foeniculum vulgare Mill.) fruits	It stimulates the digestive functions, hinders the fermentation processes and calms abdominal cramps. Regulates the menstrual cycle and reduces menstrual tension.		●



# Merchandising

## For each product

			 WINDOW POSTERS 60X90 90X120	 FLOOR DISPLAY	
DISPLAY BOX	LEAFLET				REGLETTE
 <b>HAPPYAGE DAY AND NIGHT Tablets</b>	<input type="radio"/>				
 <b>OSTEO-P Tablets</b>	<input type="radio"/>				
 <b>DOLMESTR URTO Drops</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
 <b>DOLMESTR MESE Tablets</b>	<input type="radio"/>				
 <b>LACTASEN Capsules</b>	<input type="radio"/>				
 <b>MULTIVITAMINERAL MAMMA Pearls</b>	<input type="radio"/>				

The information herein must not be disclosed or provided to the public and represent an information guide strictly reserved to the body of professionals qualified in the sectors of medicine, nutrition or pharmacy (pursuant to article 6 paragraph 2 of Law Decree no. 111/1992).  
This company shall not be liable for any use other than specified or however unauthorised.

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