Information for consumers
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An emotional rollercoaster.

The change of life, medical experts call it the climacterium, is a time of hormonal activity that is associated with major physical and emotional upheaval.

This hormonal change can lead to the familiar, unpleasant symptoms such as hot flushes, sweating, sleep problems and mood swings.

The fat and bone metabolism changes and many women notice a gain in weight.

However, the change of life goes further than just a number of physical changes. In this time of life many women realise their long-cherished dreams, make travel plans, become more involved in various projects and set themselves new goals.
Phases and duration of the change of life

The menopause is defined as the end of the last menstrual period, which usually occurs between 45 and 55 years of age. The menopause can be precisely specified at a later date when a woman has experienced 12 months without menstrual bleeding.

The preceding and following one or two years are called the perimenopause (peri = around) and this is the phase of greatest hormonal change, i.e. when the actual change happens.

The phase before this, when the levels of oestrogen and gestagen gradually become lower and menstrual bleeding becomes more erratic, is known as the pre-menopause (pre = before).

The menopause is followed by the postmenopause (post = after), in which the hormone levels slowly reach a new equilibrium.

Overall, the change of life lasts around 10 years on average, but symptoms usually occur for a shorter length of time and some women only have a few or even no problems at all.
Tips: Turn down the heat.

• Pouring cold water over the inside of your wrist regulates your circulation

• This is the best time to stop smoking because smoking increases the likelihood of hot flushes.

• Coffee, alcohol or hot and spicy food sometimes also triggers attacks of sweating.

• Stress or fear is also known to cause hot flushes.

• Relaxation techniques such as yoga, meditation or autogenic training can help the soul and body to find peace and calm.
I will always be one of a kind.

Women have a predominantly positive image of themselves during the change of life. With a little care and attention, it is quite easy to retain your individual beauty while being proud of the maturity of your expression. You can also do a lot for your skin, hair and nails in this phase of life.

Being a women – caring for skin and hair

Of course, the skin is not as taut and supple as it used to be in younger years, and the first wrinkles have often appeared. The reason for this is a lack of female hormones that are involved in the production of collagen and influence circulation. The production of sebum also decreases. Overall, the skin becomes thinner and drier. It is a process that cannot be stopped, but it can be delayed.
The same is true for the hair: as less oestrogen is produced, the hair tends to become thinner and often feels dry and brittle. And nails, which are made up predominantly of keratin, also change during the change of life and are more susceptible to breaking.

In addition to the right external care, you can also do a lot for your skin, hair and nails “from within”: certain nutrients are especially important for your body in this stage of life. Above all, evening primrose oil, biotin, zinc, selenium, the coenzyme Q₁₀ and pantothenic acid are known for their ability to support beauty from within.
Tips: For a relaxing night’s sleep.

In the change of life, sleeping frequently becomes more of an issue. Many women find it more difficult to fall asleep at night or they tend to wake up regularly. Hot flushes could be the reason for this, but sometimes it is also due to thoughts that keep going round and round in your mind and rob you of sleep.

• Relaxation and a regular rhythm during the day help to maintain inner peace at night-time as well.

• The last meal of the day should not be eaten later than three hours before you go to bed.

• Avoiding coffee and alcohol ensures deeper and more regular sleep.

• Massaging your feet and lower legs an hour before bedtime can also help.
Variety is the key to success!

Although many people keep an eye on their figure continually, during the change of life women are even more likely to put on weight than before. This weight gain is not just a consequence of the lack of female hormones, but is rather a result of the lower basal metabolic rate which women experience as they grow older. The volume of energy-consuming muscles gradually decreases, leaving the way clear for fatty tissue to increase.

Quality, not quantity
A daily calorie intake of 2,000 to 2,300 kcal is a good reference value which should not be exceeded if at all possible. High-quality and naturally delicious foods with a minimum of processing are good for the body and taste much better as well: fruit, vegetables, fish, low-fat dairy products, wholemeal products and lean meat are the ideal basis of a balanced diet, which is seen to guarantee good health, well-being and a stable body weight.
Tips: Exercise burns calories.

- People who do a lot of sports not only work off unwanted fat, but also find it far easier to deal with stress.

- Ideal fat burners are endurance sports such as Nordic walking, cycling, swimming or hiking.

- Doing studio gymnastics or fitness, such as Pilates, is also highly effective and increases both strength and mobility after only a short time.

- If you exercise regularly, you strengthen your muscles and bones (preventing osteoporosis) and enhance your physical and mental well-being.
A change in significance – the role of micronutrients.

A sufficient supply of macro- and micronutrients is extremely important during the change of life to ensure good health and well-being, but also to maintain our beauty. With the right combination of foods, we can preserve both beauty and health without having to make too many sacrifices. Micronutrients play a significant role in our diet here: although the body often only needs the tiniest amounts of micronutrients (vitamins, minerals / trace elements), they are crucial for our vitality.

The most important micronutrients for women during the change of life

B vitamins
Vitamin B_{12} contributes towards maintaining a normal energy metabolism. Vitamin B_6 helps to reduce tiredness and exhaustion and to manage hormonal activity.
B vitamins are found in a wide variety of foods, e.g. in wholemeal bread and nuts, but also in meat, eggs and dairy products. Folic acid is a highly sensitive vitamin found in green leafy vegetables and lettuce, and it is easily destroyed by long periods of storage and in preparation. Studies on eating habits in Germany confirm that we do not consume an ideal amount of folic acid and many people find it difficult to provide the body with a sufficient quantity through food alone.¹

**Vitamin C and vitamin E**

Vitamins C and E work as a team in many of the body’s processes. Vitamin C helps to produce collagen and keep the skin functioning normally. Both vitamins have antioxidant characteristics and protect the cell components against oxidative damage from free radicals. Wheatgerm oil is a very good source of vitamin E, and vitamin C is found in many fruits and vegetables, particularly in citrus fruits and berries.

Vitamin D
The risk of osteoporosis also increases during the change of life. Vitamin D contributes towards preserving normal muscle functions and maintaining the normal condition of your bones. The body itself can produce vitamin D in the skin when the sun shines on it, although this quantity is usually insufficient for its needs.

Trace elements
As their name suggests, only traces of these substances are required in the body, i.e. only very small quantities. But their importance should not be underestimated. Zinc plays an essential role in dozens of important processes in the body, particularly for the immune system. And zinc also contributes towards maintaining the normal condition of both the skin and hair. Incidentally, oysters contain a particularly large amount of zinc. Selenium also plays a role in the immune system and preserves normal nails. Herring or tuna can provide the level of selenium required every day.
These substances must also be included in your diet

**Omega-3 fatty acids**
Omega-3 fatty acids are unsaturated fatty acids that are urgently needed by the body. They are components of cell membranes and are important for proper functioning. During the change of life you should therefore eat large quantities of seafish and flaxseed in order to provide your body with a good supply of omega-3 fatty acids.

**Coenzyme Q₁₀ (ubiquinone)**
Enzymes are the catalysts of metabolic processes, in other words they have important regulatory functions in the metabolism, for example.
**Phytonutrients**

These are special, natural ingredients which are contained in many different plants. They include **carotenoids** and **phytoestrogens**.

Several carotenoids are preliminary stages of vitamin A, meaning that the body can convert them to vitamin A in the gut. The most well-known carotenoid is beta-carotene. Carotenoids also have antioxidant characteristics. Particularly good sources of carotenoids are carrots, honeydew melons, spinach and apricots, for example. In order to ensure good absorption by your body, it is important for a small amount of fat to be consumed at the same time, e.g. carrots with a splash of oil or fruit with some yoghurt (3.5% fat).

The most important sources of **phytoestrogens** are **isoflavones**, of which the largest amounts are found in soy, and **lignans**, which occur above all in flaxseed. The structure of both of these phytoestrogens is similar to the body’s oestrogen, but they are exclusively of plant origin (“phyto” = plant). A soy-rich diet is common throughout Asia. Japanese women eat up to as much as 50 times more soy than European women and therefore consume large quantities of soy phytoestrogens.

It is interesting to note than only 20% of women in Japan suffer from symptoms such as hot flushes, whereas in Germany more than 50% are affected.
And so a considerable increase in the quantity of soy in your diet plus the regular consumption of flaxseed seems to makes sense. But today’s eating habits mean that this is not always easy to achieve.

Evening primrose oil
The evening primrose was used as a medicinal plant even by the indigenous North Americans.

A balanced mix of certain micronutrients is therefore particularly important and can also have a positive effect on the special needs of women during the change of life.
Orthomol® Femin – Naturally female. Throughout the change of life.

A well-balanced dosage of nutrients with a special combination suitable for women during the change of life:

• One capsule in the morning and evening

• Presented in an exclusive, attractive jar

• Available at all pharmacists

• Monthly package with 30 daily servings of 2 capsules each.

• 3-month package ideal for long-term use