

Fem·Matrix

A comprehensive herbal blend to support the menopausal transition and associated symptoms of hot flashes, night sweats, decreased libido, mood changes and cognitive deficits.

Each capsule contains:

Dong Quai extract (<i>Angelica sinensis</i>) 5:1, 1% ligustilides	60mg
Black cohosh extract (root and rhizome, <i>Actaea racemosa</i>) 3:1, 2.5% triterpene glycosides	50mg
Hesperidin	125mg
Quercetin	125mg
Chasteberry extract (fruit, <i>Vitex agnus-castus</i>) 10:1	50mg
Wild yam extract (root, <i>Dioscorea villosa</i>) 10:1	50mg
St. John's Wort extract (herb top, <i>Hypericum perforatum</i>) 4:1, 0.3% hypericin	30mg
Red clover extract (flower, <i>Trifolium pratense</i>) 10:1	20mg

120 vegetable capsules

Vegan. Gluten, soy and dairy free.



The transition into menopause can be a difficult time for many women as hormone levels dramatically and rapidly decline. Hot flashes are by far the most commonly reported symptom as the body's thermoregulatory system becomes poorly controlled with blood vessel dilation in the skin. However, hormonal changes can also cause changes in mood, as well as cognitive adjustments that present as poor concentration, memory and attention. While exercise and a healthier diet have been proven as integral strategies to ease these symptoms, many natural treatments can also help with the menopausal transition.

Phytoestrogenic herbs such as *Angelica sinensis*, *Actaea racemosa* and *Trifolium pratense* have demonstrated

various reductions in hot flashes and menopausal symptoms, partly as a result of their ability to weakly bind estrogen receptors. *Actaea racemosa* also has phytoestrogenic activity but may act more centrally on the brain and positively affect serotonin, dopamine or opioids. Although mixed research exists for the effectiveness of phytoestrogenic herbs in treating hot flashes, positive trials tend to favour extracts with standardized active ingredients or higher potency.

Other herbs can be beneficial in easing menopausal symptoms because of mechanisms outside of estrogen. For example, *Vitex agnus-castus*, commonly known as chastetree, acts more as a progesterogenic herb while *Dioscorea villosa* is a well-known antispasmodic

Key points

- Formulated to provide support for women with menopausal symptoms such as hot flashes, insomnia, low mood, decreased libido and poor cognition
- Herbal extracts are highly concentrated with standardization to active ingredients such as ligustilides, 27-deoxyactein and hypericin
- Quercetin and hesperidin are included to improve the integrity of blood vessels and reduce hot flashes

herb. *Hypericum perforatum* is best known for its ability to regulate mood but it has also been demonstrated to reduce the severity of hot flashes in menopausal women.

Fem·Matrix by Cyto·Matrix combines a blend of these research-driven herbs to reduce symptoms of perimenopause and menopause, including hot flashes. Each herb is in a highly-extracted form

and standardized to active ingredients to ensure potency and effectiveness. Fem·Matrix also includes the bioflavonoids **quercetin** and **hesperidin** to improve the integrity of blood vessels and reduce hot flashes.

Related products

Bio·Ferra
CalMag+D3 Liquid
Iron Matrix
K2·D3 Matrix
Multi Matrix
Seleno·Sorb
Women's Multi
Estro·Matrix
Testo·Matrix
Progest·Matrix

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

Indications: Used in Herbal Medicine to help relieve symptoms associated with menopause and to help relieve premenstrual symptoms. Used in Herbal Medicine as an antispasmodic to relieve abdominal and menstrual pain.

Directions: Adults - Take 2 capsules, 2 times per day before meals or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken. Discontinue use and consult a healthcare professional if menstruation is delayed or absent, or if you experience increased menstrual bleeding time. Consult a healthcare professional prior to use, especially if you have a family history of cancer, a liver disorder or develop symptoms of liver trouble, or if you are taking any prescription medications, anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates, hormone-containing medications such as progesterone preparations, oral contraceptives, birth control pills or hormone replacement therapy. Consult a healthcare professional if symptoms persist or worsen. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy.

Contraindications: Do not use if you are pregnant, breastfeeding or taking anti-cancer medications, blood thinners/antidepressants medications (e.g selective serotonin reuptake inhibitors (SSRI)), anti-HIV agents, cardiovascular medications, immunosuppressants, and/or contraceptive medications. Do not use if you have diarrhoea, haemorrhagic diseases, hypermenorrhoea/profuse menstrual flow/heavy periods, or allergy/hypersensitivity to members of the Apiaceae/Umbelliferae family (anise, caraway, carrot, celery, dill, parsley).

Known adverse reactions: Discontinue use and consult a health care professional if you experience breast pain, discomfort and/or tenderness. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches.