FAQ

Why has Menopace Plus been developed?

Menopace Plus has been developed by a team of experts including highly qualified pharmacists and nutritionists, and is based upon scientific research evidence, as a nutritional safeguard for women during and after the menopause. The menopause marks the end of the reproductive period when the ovaries stop producing oestrogen. At this time certain vitamins and minerals are particularly important. Each Menopace tablet contains a comprehensive combination of nutrients, especially for this time including vitamin B6 which contributes to the regulation of hormonal activity. Vitamin D plus magnesium contribute to the maintenance of normal bones plus biotin, pantothenic acid & vitamin B12 with copper and iron which contribute to normal energy release. Menopace Plus also contains a unique active botanical tablet providing Sage, Green Tea, Flaxseed Lignans and extra Soya Isoflavones for those looking for even greater support. Green Tea extract for example contributes to the protection of cells from oxidative stress.

When is Menopace Plus recommended?

Menopace Plus is a comprehensive supplement specially formulated for during and after the menopause, and can be continued after the menopause for as long as required. There is no maximum length of time over which Menopace Plus can be used. Menopace Plus is also recommended for those women who have an early menopause.

Can Menopace Plus be used simultaneously with HRT medications?

Generally, Menopace Plus may be used along-side medications such as HRT because it contains only moderate levels of vitamins and minerals, and it is free of any drugs or hormones. For specific advice on taking Menopace Plus with medicines, we recommend that you contact your doctor or pharmacist first.

How and when should Menopace Plus be used?

One tablet and one active botanical tablet per day are recommended with or immediately after your main meal, swallow with water or a cold drink. Taking the tablet with a large meal maximises the absorption of the nutrients, and can reduce nausea, which is sometimes experienced if multivitamins are taken on an empty stomach. Menopace Plus should only be taken on a full stomach. Always ensure that Menopace Plus is taken with plenty of liquid to wash the tablets down.

Are there any undesired effects whilst taking Menopace Plus?

Menopace Plus has no known side effects when taken as directed. Do not exceed the recommended tablet intake. In case of overdose, seek medical advice immediately.

Need help swallowing a tablet or capsule?

Difficulty in swallowing tablets is quite a common experience. Vitabiotics have researched this extensively and recommend after chewing some food (e.g. banana), just before you swallow, pop the tablet into your mouth and swallow it together with the chewed food, followed by some liquid. The throat opens up wider to swallow the chewed food and so the tablet should go down with greater ease. Alternatively, the tablets may be swallowed with thicker liquids such as yoghurts or smoothies.

How long does it take before experiencing any benefit in relation to health and general well being?

Results vary amongst individuals, but in most cases we would expect the beneficial effects of the vitamins and minerals in Menopace Plus to build over several weeks. A regular intake is recommended.

Is Menopace Plus recommended with any other Vitabiotics product(s)?

Calcium is a mineral, especially required during the menopause, which is needed for the maintenance of normal bones. Menopace, Menopace Plus and Menopace Night have therefore been designed so that they can be used with Vitabiotics Osteocare range. There is no need to take additional Osteocare if you use Menopace with Calcium.

Some Nutrient Reference Value (NRV) levels are above 100%, is this safe?

Certain vitamins are very safe at levels tens or even hundreds of times the NRV, whereas for others the safety level is much closer to the NRV. For this reason every vitamin and mineral needs to be considered on an individual basis in terms of its upper safe level.

The Nutrient Reference Value (NRV) is the amount of a vitamin or mineral which has been calculated to help prevent basic deficiency states in the general population. However, certain vitamins and minerals at optimal levels, above the NRV, have consistently been shown to have positive benefits in specific areas of health. This is why some Vitabiotics formulas have certain nutrient levels greater than 100% NRV.

All Vitabiotics products have been developed using the latest research and contain effective levels of vitamins and minerals, while avoiding any excessive amounts, in accordance with official upper safe limits for vitamins and minerals.

Vitabiotics avoids 'mega dose' levels of isolated nutrients and instead we have always stressed the importance of safe, moderate and sensible levels of vitamins and minerals, carefully balanced to maximise their combined effect; an approach which has been supported by many experts and researchers over the years.