

**Phytopause  
Phytopause Forte  
Phytopause BSF**

**SCHEDULING STATUS:**

Not applicable

**PROPRIETARY NAME (AND DOSAGE FORM):**

Phytopause (capsules)  
Phytopause Forte (capsules)  
Phytopause BSF (tablets)

**COMPOSITION:**

Each **Phytopause** capsule contains 150 mg soy isoflavones extract 40% equivalent to soy isoflavones 60 mg

Each **Phytopause Forte** capsule contains 300 mg soy isoflavones extract 40% equivalent to soy isoflavones 120 mg

Each **Phytopause BSF** (Bone Support Formula) tablet contains 120 mg soy isoflavones extract 40% equivalent to soy isoflavones 48 mg, 150 mg elemental Calcium, 75 mg elemental Magnesium and 100 iu Vitamin D3.

All products are free from preservatives, sugar and gluten.

**PHARMACOLOGICAL CLASSIFICATION:**

A: 34 Other

**PHARMACOLOGICAL ACTION:**

Soy isoflavones (also referred to as phyto-oestrogens) work by attaching themselves to oestrogen sites and regulate oestrogen levels in the body. Soy isoflavones play an oestrogenic role when the estrogen levels are low.

**INDICATIONS:**

**Phytopause and Phytopause Forte:** Dietary supplement to assist in the symptomatic relief of menopausal symptoms including hot flushes and night sweats.

**Phytopause BSF:** Is indicated where calcium supplementation is necessary to retain or improve bone density in menopausal women (magnesium is required to enable the body to metabolise calcium while vitamin D assists with the resorption of calcium).

**CONTRA-INDICATIONS:**

Hypersensitivity to soya or soya based products.

**DOSAGE AND DIRECTIONS FOR USE:**

**Phytopause** should preferably be taken with a meal and should be taken approximately the same time each day. Results are normally seen three to five weeks after starting treatment.

**Phytopause:** 1 capsule once a day.

**Phytopause Forte:** 1 capsule once a day.

**Phytopause BSF:** 2 tablets once a day.

Or as directed by your Healthcare Professional.

It is recommended that you inform your Healthcare Professional that you are taking **Phytopause**.

**SIDE-EFFECTS AND SPECIAL PRECAUTIONS:**

No known side-effects have been reported.

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:**

No known symptoms of overdosage have been reported.

**IDENTIFICATION:**

<b>Phytopause:</b>	Capsules of flesh opaque body and grey opaque cap filled with a brownish coloured powder.
<b>Phytopause Forte:</b>	Capsules of flesh opaque body and pink opaque cap filled with a brownish coloured powder
<b>Phytopause BSF:</b>	Brown, speckled, biconvex, teardrop-shaped tablet plain on both sides.

**PRESENTATION:**

<b>Phytopause:</b>	Blister packs of 30 capsules
<b>Phytopause Forte:</b>	Blister packs of 30 capsules
<b>Phytopause BSF:</b>	Blister packs of 60 tablets.

**STORAGE INSTRUCTIONS:**

Store in a cool (below 25°C), dry place. Protect from moisture.  
Keep out of reach of children

**NAME AND BUSINESS ADDRESS:**

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Westlake  
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# **Phytopause Phytopause Forte Phytopause BSF**

## **SKEDULERINGSSTATUS:**

Nie van toepassing nie.

## **EIENDOMSNAAM (EN DOSEERVORM):**

Phytopause (kapsules)  
Phytopause Forte (kapsules)  
Phytopause BSF (tablette)

## **SAMESTELLING:**

Elke **Phytopause** kapsule bevat 150 mg soja-isoflavone-ekstrak 40% ekwivalent aan soja-isoflavone 60 mg.

Elke **Phytopause Forte** kapsule bevat 300 mg soja-isoflavone-ekstrak 40% ekwivalent aan soja-isoflavone 120 mg.

Elke **Phytopause BSF** (Bone Support Formula) tablet bevat 120 mg soja-isoflavone-ekstrak 40% ekwivalent aan soja-isoflavone 48 mg, 150 mg elementele Kalsium, 75 mg elementele Magnesium en 100 ie Vitamien D3.

Alle produkte is vry van preserveermiddels, suiker en gluten.

## **FARMAKOLOGIESE KLASSIFIKASIE:**

A: 34 Ander.

## **FARMAKOLOGIESE WERKING:**

Soja-isoflavone (wat ook as fito-oestrogene bekend staan) werk deurdat dit aan oestrogeensetels vasheg en oestrogeenvlakke in die liggaam reguleer. Soja-isoflavone speel 'n oestrogeniese rol wanneer estrogeenvlakke laag is.

## **INDIKASIES:**

**Phytopause en Phytopause Forte:** Dieetsupplement om simptomatiëse verligting van menopousale simptome, insluitend warm gloede en nagtelike sweet, te verskaf.

**Phytopause BSF:** Word aangedui wanneer kalsiumaanvulling nodig is om beendigtheid te behou of te verbeter in menopousale vrouens (magnesium word benodig om die liggaam in staat te stel om kalsium te metaboliseer, terwyl vitamien D die herabsorpsie van kalsium aanhelp).

## **KONTRA-INDIKASIES:**

Hipersensitiwiteit teenoor soja of sojaprodukte.

**DOSIS EN GEBRUIKSAANWYSINGS:**

**Phytopause** behoort liefsaam met 'n maaltyd gebruik te word en dit moet op ongeveer dieselfde tyd elke dag geneem word. Resultate word gewoonlik na drie tot vyf weke na begin van behandeling waargeneem.

**Phytopause:** 1 kapsule een keer per dag.

**Phytopause Forte:** 1 kapsule een keer per dag.

**Phytopause BSF:** 2 tablette een keer per dag.

Of soos u Gesondheidsorgpersoneel voorgeskryf.

Dit word aanbeveel dat u Gesondheidsorgpersoneel inlig dat u **Phytopause** neem.

**NEWE-EFFEKTE EN SPESIALE VOORSORGMAATREËLS:**

Geen bekende newe-effekte is gerapporteer nie.

**BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:**

Geen bekende simptome van oordosering is aangemeld nie.

**IDENTIFIKASIE:**

**Phytopause:** Kapsules met vleeskleurige, opake rompe en grys, opake doppe gevul met 'n bruinerig poeier.

**Phytopause Forte:** Kapsules met vleeskleurige, opake rompe en pienk, opake doppe gevul met 'n bruinerig poeier.

**Phytopause BSF:** Bruin, gespikkelde, bikonveks, traanvormige tablet met gladde oppervlakte aan albei kante.

**AANBIEDING:**

**Phytopause:** Stulpverpakkings van 30 kapsules.

**Phytopause Forte:** Stulpverpakkings van 30 kapsules.

**Phytopause BSF:** Stulpverpakkings van 60 tablette.

**BERGINGSAAWYSINGS:**

Bewaar in 'n koel (benede 25°C), droë plek . Beskerm teen vog.  
Hou buite bereik van kinders.

**NAAM EN BESIGHEIDSADRES:**

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