

beeharmony

HORMONAL BALANCE

RELIEVES MENOPAUSE SYMPTOMS

- ✓ ROYAL BALANCETM
 Standardized combination
 of royal jelly and saffron extract
- Vitamins K2 + D3 + E + B6

BeeHarmony – relieves menopause symptoms



3 stages of menopause

Perimenopause

- Decrease of estrogen and progesterone levels
- A smaller number of eggs matures in the ovaries
- Occurrence of symptoms (mood swings, weight gain, hot flushes, night sweats, etc.)
- Irregular menstruation (it is absent, weaker or more frequent and heavier)
- Lasts 4 to 5 years

Menopause or climacterium

- Period of continuous absence of menstruation for at least 12 months
- No need to worry about getting pregnant

Postmenopause

- 12 months after the last menstrual period
- The risk of developing osteoporosis, tumors, and heart disease increases
- Lasts until the end of life





Most frequent menopause symptoms

- Hot flushes
- Night sweats
- Insomnia
- Mood swings
- Irritability and sadness
- Reduced libido
- Urinary tract infection.
- Vaginal dryness
- Joint and muscle pain
- Weight gain

Decrease of estrogen and progesterone levels

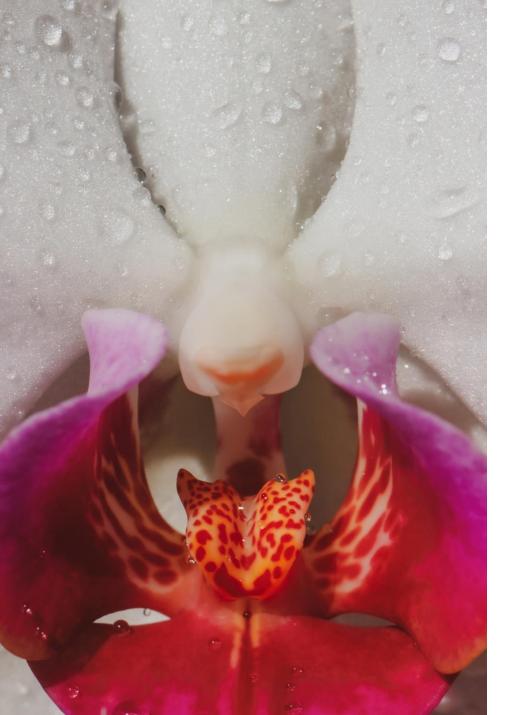
→ physical and mental changes affecting quality of life





Hot flushes and night sweats

- Over 85% of women experience hot flushes during menopause
- Estrogen deficiency is the main cause of hot flushes
- A hot flush is a sudden, uncontrolled feeling of heat
- It starts on the neck and face,
 and is often accompanied by redness and sweating
- It is sometimes followed by a feeling of cold, lasting 1-5 minutes
- It is very important to change one's lifestyle





Vaginal dryness

- Decreased estrogen levels may also cause vaginal dryness
- The vagina shrinks and becomes less elastic
- Itchiness and oversensitivity
- Sexual intercourse may be painful
- Risks of infections increase
- It is highly unlikely for the symptom to disappear on its own





Urinary symptoms

- The decrease in sex hormones causes the tissue around the bladder neck to thin
- Urinary tract infection.
- Sudden need to urinate (urge incontinence)
- Coughing and running are typical triggers for unpleasant urine leakage (stress incontinence).
- Stress incontinence often affects women already in their late 40s.





Insomnia

- Sleep disorder (insomnia) causes:
 - Nocturnal urination
 - Night sweats
 - Stress
 - Negative mood, sadness
 - Joint and muscle pain
- During the REM phase, the body loses control over body temperature and may overheat or become too cold
- Sleepless nights cause fatigue during the day





Mental health

- The drop in estrogen and progesterone levels affects hormones that regulate mood and emotions
 - Serotonin (the happiness hormone),
 - noradrenaline (responsible for the fight or flight response)
- Feeling sad, inner restlessness, mood swings, irritability, concentration and memory problems, decreased libido



Risk of osteoporosis

- Estrogen is necessary for incorporating calcium into bones
- In the first years after menopause, bone mass quickly decreases due to decreased estrogen levels
- The risk of osteoporosis increases
- Of all patients with osteoporosis, 80% are women
- After the age of 50, every third woman breaks a bone due to osteoporosis.



NORMAL BONES

OSTEOPOROSIS



PMS and hormonal imbalance

- Approximately 75% of women of child-bearing potential notice PMS
- It occurs during ovulation and the onset of menstrual bleeding
- Excess estrogen, progesterone deficiency
- Many emotional and physical symptoms: bloating, mood swings, food cravings, weight gain, abdominal pain, headaches, breast tenderness, decreased libido
- It most ofter occurs in women in their late 20s or 30s, who gave birth at least once





How to alleviate menopause symptoms?

- It is important to recognise the symptoms and ease them in order to continue living well – as partners, workers, mothers, grandmothers...
- For this purpose, Medex has developed two complementary solutions
 - The efficient and natural BeeHarmony product
 - Hormones and harmony programme





BeeHarmony – for alleviating menopause symptoms and PMS

- Unique Royal Balance[™] formula protected blend of royal jelly and saffron extract
- With added vitamins K2+D3+B6+E
- Contributes to:
 - emotional balance
 - better sleep
 - less tiredness and fatigue
 - regulation of hormonal activity
 - maintenance of normal bones
- Use: 2 capsules a day, 30 min before a meal, for at least 2 months.
 - Suitable for long-term use
- Packing: 60 capsules (for 30 days)





Active ingredients

- Royal Balance[™]
 10 HDA (royal jelly)
 Safranal (saffron)
- Vitamin E
- Vitamin B6
- Vitamin D3
- Vitamin K2



Content/Vsebnost	2 capsules*/kapsuli* NRV**/PDV**				
Royal Balance™ of which:/od tega: 10 HDA Safranal	364 mg 14 mg 0,6 mg				
Vitamin E	15 mg 125 %				
Vitamin B6	2 mg 143 %				
Vitamin D3	10 μg 200 %				
Vitamin K2	75 μg 100 %				





HORMONAL BALANCE

RELIEVES MENOPAUSE SYMPTOMS

✓ ROYAL BALANCE™ Standardized combination of royal jelly and saffron extract

Vitamins K2 + D3 + E + B6



BeeHarmony health claims

Saffron

- Helps to releive menopause symptoms
- contributes to emotional balance
- supports relaxation and better sleep
- helps maintaining a positive mood and well-being before and during the menstrual cycle
- **Vitamin B6** contributes to the regulation of hormonal activity, normal functioning of the nervous system and to the reduction of tiredness and fatigue
- Vitamin K2 contributes to the maintenance of normal bones and normal blood clotting
- Vitamin D3 contributes to the absorption of calcium and phosphorus
- Vitamin E contributes to the protection of cells from oxidative stress

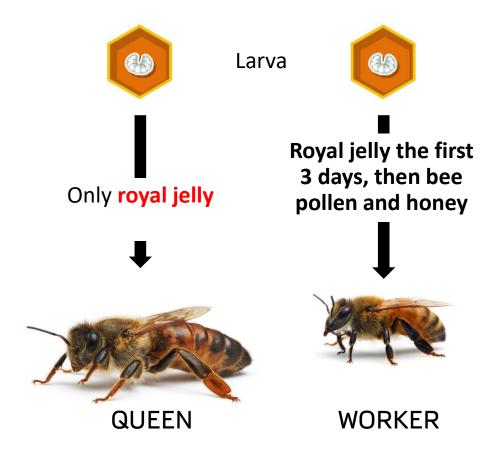


What is royal jelly?

- Hypopharyngeal gland secretion from young worker bees
- A mixture of fats, sugars, proteins, minerals and vitamins and many unique bioactive molecules (10-HDA! – key component of royal jelly)
- One of nature's greatest treasures
- It is not only a complete food, but also food with the power of activating and deactivating genes in bee DNA



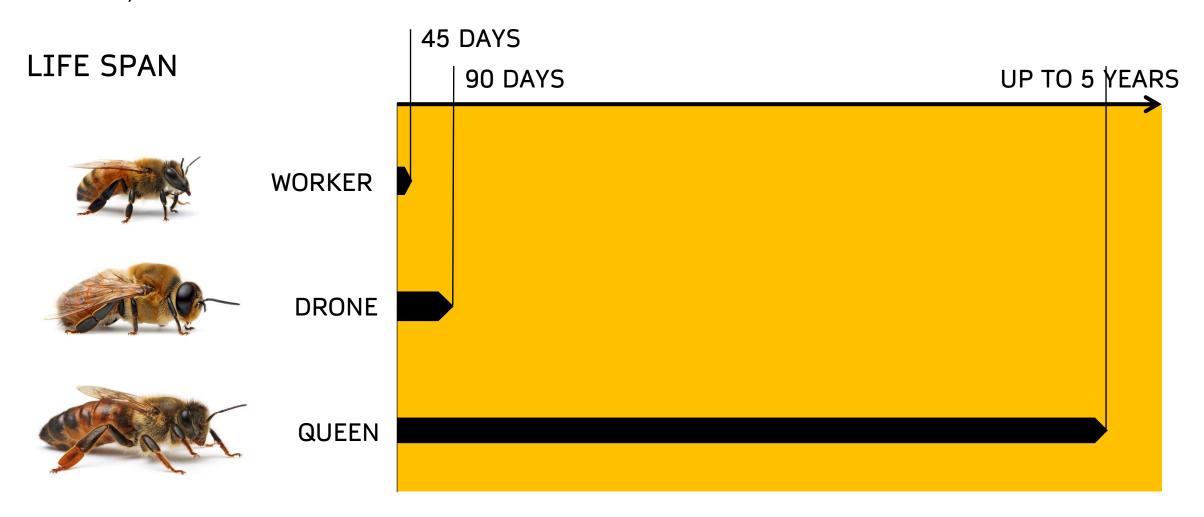
 The larva will develop in either a worker or a queen depending on what the worker bees feed the larvae



The power of royal jelly



BEING A QUEEN – THE LARGEST, MOST FERTILE, LONGEST-LIVING BEE IN THE BEEHIVE; HOWEVER, GENETICALLY IDENTICAL IN EVERY WAY TO ALL OTHER BEES





® mede

Can royal jelly help balance hormones in women?

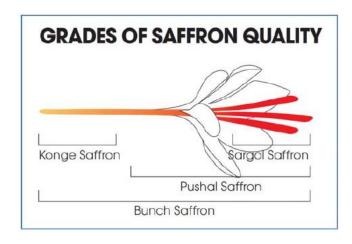
REVIEW OF CLINICAL STUDIES

- Reduction of the severity of PMS symptoms by 51% (Taavoni et al., 2014)
- Reduction of the severity of menopause symptoms by 41% (Darsareh et al., 2019)
- Improvement of hormonal regulation in postmenopause (Balan et al., 2020)
- Royal jelly efficiently alleviates the severity of symptoms that accompany menopause



Saffron

- Saffron extract obtained exclusively from the red part of the saffron stigmas.
- The purest and richest with active compounds it is obtained using a patented procedure that preserves its natural composition.
- Acts as a serotonin booster

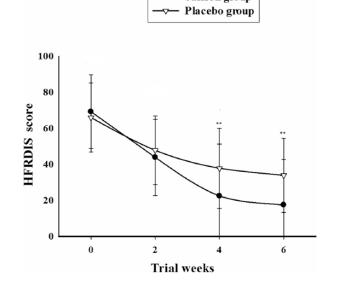






Saffron – clinical studies

- Reduced severity of premenstrual symptoms and PMS depression by 50% (Hosseini et al., 2007)
- Sleeping improves in people with mild to moderate chronic sleep disorder (Pachikian et al., 2021)
- Alleviating depression is comparable to some antidepressants (Jelodar et al. 2018)
- Libido is higher by 50% in women after 4 weeks compared to placebo (Kashani et al., 2013)







Vitamins K2 and D3 work in interaction

- After menopause, the loss of bone mass accelerates, and the risk of osteoporosis increases
- K2 and D3 together increase bone strength and density, which is associated with lower risks of fractures
- Vitamin D3 stimulates calcium absorption from the intestine, and vitamin K2 ensures that calcium is stored in bones and does not deposit on blood vessel walls



Figure 1: The effect of vitamin K on osteocalcin in the presence or absence of vitamin D3



Preliminary research



BEEHARMONY'S EFFECT ON ALLEVIATING MENOPAUSE SYMPTOMS

Menopause Rating Scale (MRS)

- uncontrolled study (no placebo)
- 8 women aged 55-60 with menopause symptoms
- 2 months, 2 capsules per day
- Criteria: Evaluating symptom severity completing MRS (Menopause Rating Scale)
 questionnaires at the beginning, after 1 month
 and after 2 months of using

Assessment scale

0 – no symptoms

1 – mild symptoms

2 – moderate symptoms

3 – severe symptoms

4 – very severe symptoms

Hot flushes, sweating
Accelerated or irregular heartbeat
Insomnia
Depression
Irritability
Anxiety
Physical and mental exhaustion
Intimacy problems
Bladder issues
Vaginal dryness
Joint and muscle issues

	Which of the following symptoms apply to you at this time? Please, mark the appropriate box for each symptom. For symptoms that do not apply, please mark 'none'.							
	Symptoms:	none I		moderate				
	S	core = 0	1	2	3	4		
1.	Hot flushes, sweating (episodes of sweating)						1	
2.	Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness)						2	
3.	Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early)		lacksquare				1	
4.	Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)						3	
5.	Irritability (feeling nervous, inner tension, feeling aggressive)		M				1	
6. 7.	Anxiety (inner restlessness, feeling panicky) Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in						2	
	concentration, forgetfulness)						4	
8.	Sexual problems (change in sexual desire, in sexual activity and satisfaction)			lacksquare			2	
9.	Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)	\					0	
	Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)						3	
11.	Joint and muscular discomfort (pain in the joints, rheumatoid complaints)						1	
							Sum	

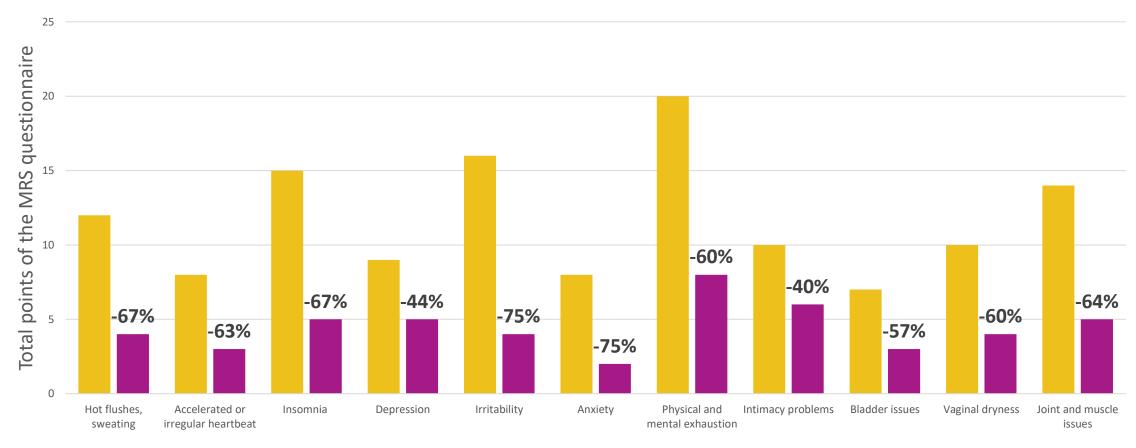


Preliminary research



BEEHARMONY'S EFFECT ON ALLEVIATING MENOPAUSE SYMPTOMS

Results: Significant reduction in the intensity of menopause symptoms after 2 months of use (from -44% to -75%)









Double-blind, placebo-controlled, randomised trial

- 25 people in the placebo group (completed by 24 people), 25 in the BeeHarmony group (completed by 22 people)
- women aged 45-60 with menopause symptoms
- 2 months, 2 capsules per day
- Under the supervision of a gynaecologist
- Criteria: Evaluating symptom severity completing MRS
 (Menopause Rating Scale) questionnaires at the beginning, after 1
 month and after 2 months of using

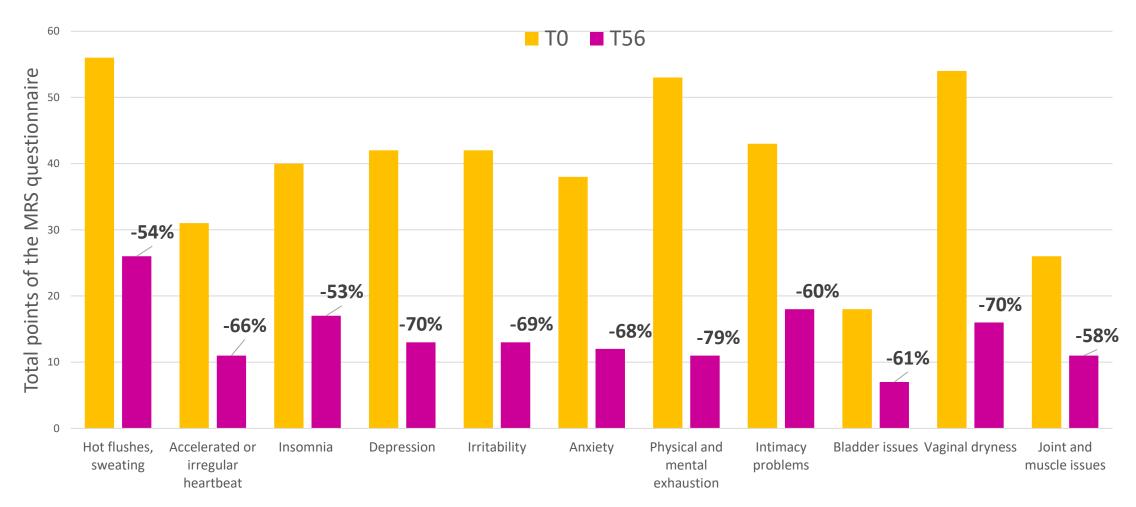


Results



DIFFERENCES IN OVERALL EVALUATIONS IN THE BEEHARMONY GROUP

After 56 days of using, the **severity of the symptoms in the BeeHarmony group decreased by 53% to 79%** (according to the severity of the symptoms at the beginning)







BeeHarmony – long-term solution

- BeeHarmony is a long-term help in regulating hormonal activity
- From the onset of menopausal symptoms to the end of life
- We recommend at least 2 months of use
- Effects are noticeable after two months (or even sooner)



Complement the effect of the product with the Hormones in harmony programme

- Join the "Hormones in harmony" programme at https://www.beeharmony.si/
- The 60-day programme offers hormonal yoga, tips, articles, motivational thoughts and much more
- Designed in cooperation with experts
 - Alenka Košorok Humar teacher of hormonal yoga and qigong
 - Melita Kuhar expert for partnerships and personal growth
 - Uršula Reš Muravec, M.D. gynaecology and obstetrics specialist



Conclusions



BeeHarmony contributes to alleviating menopause symptoms, namely:

- Reduces hot flushes and sweating
- Alleviates accelerated or irregular heartbeat
- Alleviates insomnia
- Alleviates depression
- Reduces irritability
- Reduces anxiety
- Alleviates mental and physical exhaustion
- Reduces intimacy problems
- Reduces bladder issues
- Reduces vaginal dryness
- Decreases joint and muscle issues



