

## **N.B. TO GIVE IT TO YOUR PHARMACIST OR DOCTOR**

### **VITOLI MENOPAUSE - PRECAUTIONS**

#### **Side effects**

The various ingredients of the Vitoli MENOPAUSE product have little specific or serious toxicity. However, especially in the presence of higher doses, some users have reported some side effects such as upset stomach, constipation, bloating, nausea, vomiting, headache, dizziness, heaviness in the legs, weight gain or sweating. However, the usage information currently available, shows us that the Vitoli MENOPAUSE product has undeniable efficacy with a reassuring profile of side effects.

It is always possible that a hypersensitivity (ex: allergy) to one of the ingredients of the preparation could manifest itself. In such a case, it is recommended to stop using it and consult a health professional if serious allergy symptoms persist.

#### **Contraindications**

According to Health Canada, any history of breast cancer or other hormone-dependent cancer would be a contraindication (mentioned under the label of Vitoli Menopause). However, be aware that a recent study of 6235 women shows that, on the contrary, soy consumption even has a proven preventive effect on hormone-dependent cancers (Zhang FF *et al.* Dietary isoflavone intake and all-cause mortality in breast cancer survivors: The Breast Cancer Family Registry. *Cancer*, published online March 6, 2017). The dose of soy extracts used for Vitoli Menopause corresponds to the dose exactly to that of food. It would be appropriate to notify clients.

Be careful in the presence of liver disease (may be difficult to metabolize by the liver). Likewise, patients allergic to salicylic acid, cow's milk, and asthmatics have an increased risk of allergy.

#### **Interactions**

It would be recommended to monitor in the presence of anticoagulants; monitor INR changes (surveillance case). Cases of INR reductions have been reported in the literature for soy milk consumption, but no cases have been reported for standardized extracts.

Quality olive extracts could lower blood pressure, improve glucose management, and reduce blood clotting. However, the dose used is the average food grade dose consumed in the Mediterranean diet and it is not linked to any significant interaction effect. Health Canada has not reported this risk as significant.

#### **Pregnancy and breastfeeding**

***It is contraindicated to use it in the presence of pregnancy and lactation.***



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### **Caution**

The content of medicinal plants naturally varies according to the production site or according to the extraction conditions. Therefore, there are many variations in the composition of ingredients available from one brand of product to another. It is strongly recommended to use quality products, these being standardized to contain sufficient quantities of active substances for each plant, which ensures their effectiveness, confirms the origin of the plant and its safety. Canadian regulations do not require companies to meet these standards; the majority of plant extracts on the market are not standardized. The information in this document only applies to products in the Vitoli product line.

In August 2006, Health Canada issued a consumer advisory on the possible link between black cohosh and liver damage. Three cases have occurred in Canada. It should be noted, however, that in most cases other health problems and the use of other medications may have contributed to liver damage. The causal link has not been clearly established.

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