GYNOVITE® PLUS

A complete multi-vitamin, multi-mineral supplement formulated for the changing needs of the POSTMENOPAUSAL WOMAN

WOMAN

How dietary modifications, exercise, and nutritional supplementation may help postmenopausal women.

I. COMMON QUESTIONS ABOUT THE POSTMENOPAUSE

A. WHAT IS THE POSTMENOPAUSE?

The postmenopause is a period in a woman's life when the ovaries cease to function with resultant low estrogen levels and absence of monthly periods. Several physical and emotional complaints may occur in some postmenopausal women, and those complaints may improve after some changes in life style and dietary habits. Some 30 to 40% of postmenopausal women are at high risk for osteoporosis (brittle bones) which is the most serious problem following menopause.

B. WHAT ARE THE MOST COMMON COMPLAINTS OF POSTMENOPAUSE?

These complaints can be classified into physical and emotional ones.

Physical	Emotional
Hot flashes	Irritability
Muscle/Joint pain	Nervous tension
Headaches	Depression
Increased appetite	Fatigue
Increased weight	Lack of concentration
Breast tenderness	Lack of motivation
Dizziness	Insomnia
Constipation	Loss of memory

C. ARE THERE ANY SELF HELP PROGRAMS FOR POSTMENOPAUSAL WOMEN?

Yes, there are. Although calcium supplementation is the most popular, it is not necessarily the most effective one. Since several nutrients are important for good health and strong bones, a total dietary program consisting of changes in life styles, dietary habits, exercise, and complete nutritional supplementation is preferable.

II. CHANGES IN LIFESTYLE

Tobacco, alcohol, coffee, all predispose to bone loss by various mechanisms. Therefore, they should be curtailed or avoided all together. Nicotine in tobacco stimulates the adrenal glands to release increased amount of salt and water-retaining hormones, causing breast sensitivity and water retention. Alcohol causes loss of magnesium and other nutrients which are important for good health and strong bones. Coffee causes breast cysts and sensitivity; it also worsens some of the mood changes such as nervousness, tension, and irritability.

Aluminum blocks the absorption of calcium and fluoride which are important for bone integrity. Aluminum is ubiquitous being present in several non prescription drugs such as antacids, and antiperspirants. It is estimated that as much as 5 gm of aluminum may be consumed per day from these sources. High amounts of aluminum are present in pickled foods and processed cheeses. Read labels caretully and avoid aluminum-containing foods and drugs.

Several prescription drugs cause loss of calcium and other minerals from bone: antiyeast drugs, certain diuretics, anticoagulants, lithium.

Certain hormones in excess predispose to bone loss: anti-arthritic (anti-inflamatory) steroids, and thyroid hormones.

Check with your doctor regarding these drugs and hormones.

III. DIETARY GUIDELINES

GENERAL GUIDELINES — Limit consumption of refined sugar, salt, red meat, dairy products, alcohol, coffee, tea and chocolate. Decrease or eliminate use of tobacco. Avoid aluminum-containing products (antacids, pickled foods, processed cheeses).

Limit intake of fats, especially saturated, cooked, animal fats, and hydrogenated vegetable oils. Substitute with cold pressed, unprocessed vegetable oils.

Increase intake of fish, poultry, whole grains, legumes, green leafy vegetables and fresh fruit.

IV. EXERCISE

Moderate exercise for 20 to 60 minutes per day, five days each week is recommended. Suggested activities: Brisk walking is the best. Swimming, bicycling, or other aerobic activities are also recommended. Warming up and cooling off exercises will prevent muscle cramps. Heavy exercising is not recommended. Exercise in moderation, with

Bogomir M. Kuhar, RPh, Pharm.D.

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GYNOVITE® PLUS

SIX (6) Tablets Provide:			% U.S. RDA*
LIPOSOLUBLE VITAMINS			
Vitamin A ((Palmitate) (Water Dispersible)	5,000	IU	100
Vitamin E (d-alpha Toc. Acid Succ.)	400	IU	1,333
Vitamin D3 (Cholecalciferol)	400	IU	100
HYDROSOLUBLE VITAMINS (Sustained Release)			
Folic Acid	400	mcg	100
Vitamin B1 ((Thiamine mono)	10	mg	666
Vitamin B2 ((Riboflavin)	10	mg	588
Niacinamide	20	mg	100
Vitamin B6 ((Pyridoxine HCl)	20	mg	1,000
Vitamin B12	125	mcg	2,084
Pantothenic Acid (d-Cal. Pan.)	10	mg	100
Vitamin C ((Ascorbic Acid)	180	mg	300
MINERALS			
Calcium (Citrate)	800	mg	80
Magnesium (Oxide)	800	mg	100
Iodine (Hydrolyzed Protein Complex)	150	mcg	100
Iron (Amino Acid Chelate)	10	mg	100
Copper (Amino Acid Chelate)	2	mg	100
Zinc (Amino Acid Chelate)	15	mg	100
Manganese (Amino Acid Chelate)	10	mg	**
Selenium (Hydrolyzed Protein Complex)	200	mcg	**
Chromium ((Hydrolyzed Protein Complex)	200	mcg	**

OTHER INGREDIENTS (Descending order of weight)
Boron (Hydrolyzed Protein Complex) · Para Amino Benzoic Acid · Betaine Acid HCL · Inositol · Pancreatin · Rutin · Hesperidin · Biotin

* Percentage U.S. Recommended Daily Allowance for adults and children over 4 years of age.
** U.S. RDA not established.

1-2 btls.....$21.19 ea
3-5 btls..... 20.15 ea
6+ btls..... 19.10 ea

Mix-n-match any Optimox item to get the volume discount!

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PMT

MANAGEMENT WITH OPTIVITE®

P.M.T.

How dietary modifications, exercise, and nutritional supplementation may help premenstrual tension sufferers.

I. COMMON QUESTIONS ABOUT PREMENSTRUAL TENSION (PMT)

(sometimes referred to as PMS—premenstrual syndrome or PMTS—premenstrual tension syndromes)

A. WHAT ARE THE MOST COMMON SYMPTOMS OF PMT?

PMT symptoms can be classified into four major subgroups, each subgroup may exist alone or in combination with other subgroups.

1. **ANXIETY**—Nervous tension, irritability, mood swings.
2. **CRAVINGS/CARBOHYDRATE INTOLERANCE**—You may crave sweets (especially chocolate). A few hours after ingestion, headache, palpitation and fatigue may set in along with the "shakes". This is not necessarily due to hypoglycemia but also due to increased sensitivity of the central nervous system to small changes in blood sugar levels.
3. **WEIGHT GAIN**—Swelling of the face, hands and feet caused by water retention; abdominal bloating, breast congestion and tenderness.
4. **DEPRESSION**—Withdrawal, confusion, crying, insomnia, forgetfulness.

Menstrual cramps are not a part of PMT. Cramps usually occur once the period has started and are generally treated with aspirin or other prostaglandin inhibiting drugs.

B. WHAT CAUSES PMT?

Recent studies suggest PMT may be caused by dietary deficiencies which alter the hormonal balance in your body. An imbalance of magnesium and the B-vitamins (especially B-6) seem to play a role in PMT.

C. ARE THERE ANY SELF-HELP PROGRAMS FOR PMT SUFFERERS?

Yes, there are. Among them, there is a total dietary program used successfully by physicians nationwide over the past 10 years, consisting of dietary modification, exercise, and nutritional supplements.

II. DIETARY GUIDELINES

GENERAL GUIDELINES—Limit consumption of refined sugar, salt, red meat, dairy products, alcohol, coffee, tea and chocolate.

Limit intake of fats, especially saturated, cooked processed fats, hydrogenated vegetable oils. Substitute with cold pressed unprocessed vegetable oils.

Decrease or eliminate use of tobacco.

Increase intake of fish, poultry, whole grains, legumes, green leafy vegetables and fresh fruit.

III. EXERCISE

Moderate exercise for 20 to 60 minutes per day, five days each week is recommended. Suggested activities: Brisk walking is the best. Swimming, bicycling, or other aerobic activities are also recommended. Warming up and cooling off exercises will prevent muscle cramps. Heavy exercising is not recommended because it may disturb the menstrual cycle. Exercise in moderation, with adequate rest and a good night sleep (8 hours at least) is the best.

IV. USE OF THE SUPPLEMENT: OPTIVITE®PMT

OPTIVITE®PMT is a multivitamin and multimineral supplement for use as part of a total dietary program to provide proper nutrition for women with PMT. The tablets contain no animal products, sugars, starch, corn antigens, dairy products, wheat products, yeast products, fish oil, kelp, artificial colors, artificial flavors, or preservatives. Medical supervision during the use of OPTIVITE is highly recommended in order that you may be screened for other medical problems, to achieve the full benefits of the whole nutritional program and to prevent excess vitamin toxicity from vitamins A and B-6.

The recommended daily dosage is 6 tablets which should not be exceeded without medical supervision. Because 6 tablets contain less than 50% RDA of calcium, vitamin D_3 and copper, these three nutrients are displayed under "other ingredients". However, 6 tablets contain 125 mgm of calcium (12.5% RDA), 100 I.U. of vitamin D_3 (25% RDA) and 0.5 mg of copper (25% RDA).

OPTIVITE®
P.M.T.

Six (6) Tablets Provide:

				%U.S. RDA*
VITAMINS				
Lipocolubin				
Vitamin A		12,500	IU	250
Retinyl Palmitate (Water Dispersible)	5,000		IU	
β-Carotene	7,500		IU	
Vitamin E (d-alpha Toc. Acid Succ.)		100	IU	333
Hydrosolubles (Sustained Release)				
Folic Acid		200	mcg	50
Vitamin B_1 (Thiamine mono)		25	mg	1,666
Vitamin B_2 (Riboflavin)		25	mg	1,470
niacinamide		25	mg	125
Vitamin B_6 (Pyridoxine HCL)		300	mg	15,000
Vitamin B_{12}		62.5	mcg	1,042
Pantothenic Acid (d-Cal. Pan.)		25	mg	250
Choline Bitartrate		312.5	mg	**
Vitamin C (Ascorbic Acid)		1,300	mg	2,600
MINERALS				
Magnesium (Amino Acid Chelate)		250	mg	63
Iodine (Hydrolyzed Protein Complex)		75	mcg	50
Iron (Amino Acid Chelate)		15	mg	83
Zinc (Amino Acid Chelate)		25	mg	167
Manganese (Amino Acid Chelate)		10	mg	**
Potassium (Hydrolyzed Protein Complex)		47.5	mg	**
Selenium (Hydrolyzed Protein Complex)		100	mcg	**
Chromium (Hydrolyzed Protein Complex)		100	mcg	**

OTHER INGREDIENTS (Descending order of weight)

Calcium (Amino Acid Chelate), Citrus Bioflavonoids, Betaine Acid HCL, Pancreatin (Fungal Analog), Inositol, Para Amino Benzoic Acid, Rutin, Copper (Amino Acid Chelate), Biotin, Vitamin D_3.

* Percentage U.S. Recommended Daily Allowance for adults and children over 4 years of age.
** U.S. RDA not established.

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