



## *Ligunin ® TERMOSTOP*



### **For Women during menopause**

**Ligunin ® TERMOSTOP** is a product containing flax lignans and hop cone extract with a standardized 8-prenylnaringenin (8-PN) content. 8-PN belongs to plant phytoestrogens which have a structure similar to female hormones (oestrogens).

Common hop contributes to alleviating menopausal symptoms, such as hot flushes, sweating, anxiety and irritability. Lignans are phytoestrogens obtained from flax seeds. They show the ability to regulate activity of sex hormones in the body. Flax lignans have properties similar to those of oestrogens, which is why ingesting them by women, especially during menopause, is beneficial in terms of oestrogen-dependent physiological processes. Both common hop and flax lignans show antioxidant properties and contribute to the protection of cells from oxidative stress.

**Intended use:** product is recommended for menopausal women to supplement their diet in phytoestrogens and alleviate menopausal symptoms.

**Recommended use:** 2 capsules a day after a meal. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle. Beneficial effects can be observed after 6 weeks of using the product.

**Note!** People taking hormonal therapeutics (including hormonal contraceptives) as well as pregnant and breastfeeding women should consult a physician before taking the product.

**Ingredients:** milled common flax (*Linum usitatissimum* L.) seeds obtained through oil extraction, common flax (*Linum usitatissimum* L.) seed extract with a standardized lignan content, gelatin (shell ingredient), common hop (*Humulus lupulus* L.) cone extract with a standardized 8-prenylnaringenin (8-PN) content, anti-caking agent: magnesium salts of fatty acids, anti-caking agent: silicon dioxide, colour: titanium dioxide.

**Daily dose (2 capsules) contains:** 170 mg of hop cone extract, of which

70 µg of 8-prenylnaringenin (8-PN), 50 mg of flax lignans.

**Storage conditions:** store in room temperature, in a dry and dark place. Food supplements should be stored out of reach of children.

**Country of origin:** Poland

**60 hardgel capsules**

***Pack:***

- 60 hardgel capsules

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