



**Meno-Fast is a synergistic combination of specially selected herbs. These herbs have been selected due to their proven effect on menopause and the symptoms associated with this condition.**



**Meno-Fast contains the following herbal ingredients:**

**Dong Quai** is effective in relieving hot flushes due to its mild estrogenic effects that act to stabilize blood vessels. **Sage** reduces excessive sweating (particularly helpful in eliminating night sweats). **Red Clover** is one of the premium sources of phyto-estrogens that mimic the female sex hormone. Red clover also increases the amount of high-density lipoprotein or "good" cholesterol in the bloodstream. This has been linked to reducing the risk of heart disease in menopausal women. **Arjuna Bark**. The bark of the Arjuna tree helps maintain a healthy heart and reduces the effects of stress and nervousness which are associated with menopause. **Black Cohosh**. Clinical studies have shown that this Black Cohosh relieves not only hot flushes, but also depression and vaginal atrophy.

*The questionnaires completed by the participants at the start of the trial point to the fact that hot flushes, sleep problems and irritability are the main concerns during menopause.*



# Meno-Fast Trial

Start date June 2018

End date January 2019

Number of participants: 18

**Inclusion Criteria:** Females, aged 45-55.

Peri- or post-menopausal, defined as having no menstrual periods for at least 12 months prior to study entry, or skipping at least one menstrual period in the 12 months prior to study entry. Experiencing an average of 2 or more hot flashes or night sweats per day, of which 6 or more must be of moderate or greater intensity over two weeks.

Must provide informed consent.

Not at high risk for medical complications that might affect the subject's ability to complete the trial without a serious co-morbid event, based on medical history, physical examination and laboratory screening evaluation.

Facilitator: Sr June Smit

Average age of participants: 53      Youngest: 43 years old      Oldest: 59 years old

Average blood pressure at start of trial: 127/87

Average blood pressure at end of trial: 130/78

Symptoms monitored

## Hot Flashes, Sweating

Severity of symptoms at start of the trial:

None	0%
Mild	39%
Moderate	16%
Severe	16%
Very severe	29%

Symptoms at the end of the trial:

80%
20%
No symptoms
No symptoms
No symptoms

## Sleep Problems, difficulty in falling asleep

Severity of symptoms at start of the trial:

None	0%
Mild	34%
Moderate	16%
Severe	30%
Very Severe	20%

Symptoms at the end of the trial:

80%
20%
No symptoms
No symptoms
No symptoms

## Depressive Mood (feeling down, sad, mood swings)

Severity of symptoms at start of the trial:

None	16%
Mild	34%
Moderate	16%
Severe	30%
Very Severe	4%

Symptoms at the end of the trial:

88%
12%
No symptoms
No symptoms
No symptoms

## Irritability (Feeling nervous, tense and aggressive)

Severity of symptoms at start of the trial:

None	16%
Mild	30%
Moderate	22%
Severe	22%
Very Severe	10%

Symptoms at the end of the trial:

80%
20%
No symptoms
No symptoms
No symptoms

**Anxiety (feeling of panic)**

Severity of symptoms at start of the trial:

None	22%
Mild	34%
Moderate	4%
Severe	16%
Very Severe	22%

Symptoms at the end of the trial:

88%
12%
No symptoms
No symptoms
No symptoms

**Physical and mental exhaustion (general decrease in performance, impaired memory, forgetfulness)**

Severity of symptoms at the start of the trial:

None	4%
Mild	45%
Moderate	16%
Severe	25%
Very Severe	10%

Symptoms at the end of the trial:

80%
20%
No symptoms
No symptoms
No symptoms

**Sexual Problems (change in sexual desire, in sexual activity and satisfaction)**

Severity of symptoms at the start of the trial;

None	6%
Mild	10%
Moderate	25%
Severe	25%
Very Severe	10%

Symptoms at the end of the trial:

84%
16%
No symptoms
No symptoms
No symptoms

**Joint and Muscular discomfort (pain in the joints, rheumatoid complaints)**

Severity of symptoms at the start of the trial:

None	4%
Mild	30%
Moderate	30%
Severe	16%
Very Severe	10%

Symptoms at the end of the trial:

84%
16%
No symptoms
No symptoms
No symptoms

**Dryness of vagina (sensation of dryness or burning, difficulty with sexual intercourse)**

Severity of symptoms at the start of the trial:

None	30%
Mild	25%
Moderate	25%
Severe	25%
Very Severe	5%

Symptoms at the end of the trial:

88%
12%
No symptoms
No symptoms
No symptoms

**Bladder Problems (difficulty in urinating, bladder incontinence, increased need to urinate)**

Severity of symptoms at the start of the trial:

None	36%
Mild	29%
Moderate	5%
Severe	25%
Very Severe	5%

Symptoms at the end of the trial:

100%
No symptoms
No symptoms
No symptoms
No symptoms

## **Comments received from the participants at the end of the trial.**

I just want to thank you for the privilege that I had to be part of the DNA Meno-Fast trial. It has changed a lot of areas in my life. I now look forward to a life with menopause. A.S

I can face life again!! I thought that my future was prescription drugs with all their side-effects. I am once again, my old self. I would recommend Meno-Fast to all women who care about their well-being.

Thank you. I don't know what I would have done without Meno-Fast and don't feel like running away everyday anymore. M.L.

Thanks for caring. My life has been changed by DNA Biopharm and Meno-Fast. C.v.W.

Thank you Meno-Fast. I really did not know what to do anymore. S.B.

I could not take the hot flushes anymore and was wary of prescription medicine due to the high incidence of cancer in our family. I work with a lot of people each day and found that I was rude but could not help it. Now I have a smile on my face every day. N.S.

Thank you that I could be part of the trial with this life-changing treatment. It has changed my whole life. L.S.

I can now go fishing with my husband and not have to sit at home in front of a fan all day while feeling drained and lifeless. My back pain has also improved. P.H.

I have cancer and to top it off menopause as well. My menopause is now under control. Thank you. L.vd,H.

My students often used to ask me why I was so red in the face and wanted to know what was wrong. You don't feel too good in front of a class. I can now teach the whole day without flushes and I now also help with athletics after school. How can I ever thank you. R.S

I would never have thought what a change a natural treatment like Meno-Fast could have made in my life. Thank you. It is wonderful. M v S

I don't know how to thank you enough. The advice and support I received was amazing, This is something you rarely get today. P L

I am an artist and often paint outdoors when a client orders an outdoor painting. I used to sit with a wet towel wrapped around me because of the hot flashes. Thanks to Meno-Fast those days are over and my art is once again my passion. S.N.

Thank you. Thank You. Thank you. I once again am my old self and don't shout or scream at anyone who just looks at me. A.H.

Since using Meno-Fast I have no night sweats anymore. My mood is also much better. I highly recommend it.  
M d T

Within a week I felt the benefits of Meno-Fast. The hot flushes and feeling bloated all the time have completely disappeared. L. d T.

Meno-Fast helped with my hot flushes and I had no side-effects what so ever. L.d P.