

## Nutri5<sup>®</sup> Fact Sheet

### What is Nutri5<sup>®</sup>?

#### The natural solution for a calm and comfortable menopause

Nutri5<sup>®</sup> is a strawberry-flavoured instant soya shake mix and contains a **unique** combination of high quality soya protein, soya fibre, and soya germ. It is the result of over 20 years research into the benefits of soya. It is totally non-GMO. Each sachet delivers 50 mg of soy isoflavones in their natural and most effective form.

### What does Nutri5<sup>®</sup> do?

Research shows that the following benefits can be obtained from Nutri5<sup>®</sup>:

- Helps women to cope with symptoms associated with the menopause, such as hot flushes, sweating, restlessness and irritability
- Contributes to the maintenance of normal bone strength in post-menopausal women
- Helps control blood cholesterol and promote heart health.

### How does Nutri5<sup>®</sup> work?

- Nutri5<sup>®</sup> contains isoflavones, a class of phytochemicals, which are compounds found only in plants (phyto meaning plant). They are also a type of phytoestrogen, or plant hormone, that are quite similar to human oestrogen in chemical structure yet are weaker. By mimicking human oestrogen at certain sites in the body, isoflavones can provide health benefits.
- As the activity of soy isoflavones is weaker than oestrogen, it does take some time for Nutri5<sup>®</sup> to demonstrate positive relief for menopausal symptoms. Although an effect may be felt in as little as two weeks, most people will take four to six weeks to feel the benefit.
- Soy isoflavones are also thought to have a similar effect to that of oestrogen on bone health strength.
- Blood cholesterol is controlled via a number of mechanisms involving the soya protein, soya phospholipids (in the lecithin) and soya fibre. Furthermore, Nutri5<sup>®</sup> contains natural isoflavones, which also reduce cholesterol.

### Why is Nutri5<sup>®</sup> better than soya supplements?

- The composition of Nutri5<sup>®</sup> contains four important components of soya - non-extracted isoflavones, protein, fibre and phospholipids. As it is impossible to squeeze all these ingredients into a capsule, Nutri5<sup>®</sup> is a powder.
- It is the combination of the inherent isoflavones with the other key ingredients, which creates a more potent effect than achieved from products containing only extracted isoflavones. One example of evidence for this has been provided recently by a study which showed that the absorption of isoflavones by the body is significantly enhanced if taken in conjunction with insoluble dietary fibre, which in the case of Nutri5<sup>®</sup> is supplied by soya cotyledon fibre.
- Nutri5<sup>®</sup> has been manufactured in as gentle a way as possible to maintain as much of the natural effect as possible. We know that a lot of other soya products are marred both because of powerful UHT treatment (ultra high temperatures used to kill bacteria), as well as by the chemical extraction of isoflavones.
- Nutri5<sup>®</sup> contains only non-GMO ingredients

### Nutri5<sup>®</sup> – the safe option

There are many well-documented concerns surrounding the safety of Hormone Replacement Therapy. Nutri5<sup>®</sup> provides a safe, natural solution for menopausal symptoms, postmenopausal bone strength and heart health blood cholesterol. It is made from regular food ingredients and has been the subject of extensive clinical studies for 20 years.

### Ingredients:

Soya protein (30%), fructose, sugar, soya fibre (11%), emulsifier (soya lecithin), soya germ powder (6%), flavourings, colour (beetroot), anti-caking agent (silicon dioxide), thickening agent (xanthan gum), salt.

### Nutritional Information:

|                        | per 100g | per 42g sachet, prepared as directed with water |
|------------------------|----------|---|
| Energy (kJ)            | 1667     | 700   |
| (kcal)                 | 395      | 166   |
| Protein (g)            | 29.7     | 12.5  |
| Carbohydrate (g)       | 49.2     | 20.7  |
| of which sugars (g)    | 44.5     | 18.7  |
| Fat (g)                | 8.8      | 3.7   |
| of which saturates (g) | 1.3      | 0.6   |
| Dietary fibre (g)      | 7.7      | 3.2   |
| Sodium (g)             | 0.6      | 0.2   |
| Soy isoflavones (mg)   | 119.0    | 50.0  |

### Usage

Take one sachet per day. However, if you are experiencing extreme discomfort from menopausal symptoms, take two sachets per day for the first eight weeks (or until the symptoms abate).

The addition of Nutri5<sup>®</sup> to your diet should not cause any side effects, but many people are unfamiliar with soya, and in certain instances it may take a little while for your intestinal system to adapt. Symptoms may include bloating and possible light, temporary stomach aches. Should this occur, reduce the daily intake of Nutri5<sup>®</sup> until the symptoms are reduced.

Diabetics should note that the product contains fructose and sucrose and therefore should check with their GP before taking it.

It is recommended that if people know that they are intolerant to soya they do not take Nutri5<sup>®</sup>.