

Arkopharma in brief

A comprehensive approach to health and well-being

By adopting a comprehensive approach to health and well-being, ARKOPHARMA aims to meet consumers' expectations by providing natural medicines, designed both to cure and to prevent, and to encourage home medication, while at the same time making new products available to the medical profession for prescribing.

Our values, our strategy, our strength

For more than 30 years, ARKOPHARMA Laboratories has been developing new health medicines based on natural products.

In an era distinguished by a search for a healthier life and a quest for essential values, phytotherapy and food supplements are gaining ever increasing support from consumers worldwide.

Arkopharma products are available from leading pharmacies and healthstores including Dis-Chem. Wholesalers stocking Arkopharma products are Alphapharm, Pharmed, Rand Pharmaceuticals, Topmed and Transpharm.

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The Science of Health

NATURALLY



EU Agency Endorses Oral Food Supplement for Vaginal Flora Balance

Gyno-control Vaginal Flora is a specific strain of probiotic lactobacillus acidophilus La-14, which accounts for 95 percent of vaginal flora, promoting balance, restoration of the flora and the maintenance of natural vaginal pH1. This strain has been endorsed by the European Food Safety Agency (EFSA) under the claims that it helps to restore and maintain healthy vaginal flora and completes the treatments for urogenital problems.

The lactobacilli found in Gyno-control Vaginal Flora are specifically formulated to tolerate and resist the various levels of acidity in the body such as gastric acid, bile, pepsin or stomach acid and pancreatin. This is unique as it allows the probiotic to pass through the stomach and digestive barrier to colonise the intestine and promote healthy bacteria.

Probiotics help prevent vaginal infections, diarrhoea, gas and cramping caused by antibiotics, the use of tampons, alkaline soaps and intimate hygiene.

Read more: www.gynocontrol.co.za



CAP in CAP

Galenic innovation



Arkopharma Laboratories has developed CAP in CAP technology to preserve the 2 billion lactobacillus acidophilus La-14 seeds per capsule and ensure their stability and concentration. This technology is the addition of a protective barrier between the air and probiotics. One capsule is inserted within another: the one in the middle contains the active probiotics, while the second capsule encloses the first in a protective oil, which protects from ambient air and moisture.

Arkopharma
PHARMACEUTICAL LABORATORIES, FRANCE
THE SCIENCE OF HEALTH, NATURALLY

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ARKOPHARMA LABORATORIES

Who are we?

- A specialised, French pharmaceutical laboratory, that has been a leader for more than 30 years in the area of phytotherapy and nutritional supplements in France and around Europe.
- An international presence in more than 60 countries.
- Reference brands that lead the market, enjoyed and recognised by consumers and pharmacists worldwide.
- Products supported by many clinical studies that demonstrate their efficacy and safety.
- Success that is based on commitments to **Guarantees of Quality:**

- **ISO Standard 22000***

For nutritional supplements and food products

- **GMP Certificate**

Good Manufacturing Practices for drugs

- **BIO Certification** For organic products

*by Veritas certification bureau

For more information visit our website www.naturelife.co.za

Published in South Africa by Naturelife SA cc, the distributors for Arkopharma Laboratories, France, in South Africa.
P.O. Box 651863, Benmore 2010.

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PHYTO SOYA®

Experts in Menopause



Understanding Menopause

Menopause is the stage in women's lives characterised by the end of menstruation. Beginning in puberty, the menstrual cycle is controlled by hormones secreted by the ovaries: estrogen and progesterone. In menopause, this process is no longer cyclical and regular, and only residual hormone secretion occurs. The hormonal change includes the cessation of menstruation and the appearance of symptoms such as hot flashes, night sweats, anxiety, mood swings, vaginal dryness and loss of bone density.

Phytoestrogens

Plants naturally produce substances which, once ingested, mimic estrogens. They are known as phytoestrogens. Nowadays, these

molecules are an integral part of the therapeutic panoply for the menopause.

Research conducted on **Phyto Soya®** has established with certainty, the efficacy and tolerance of the product for treatment of disorders related to menopause and to validate the dosage and the daidzein-genistein balance of the formula. View studies at www.phytsoya.com or email us at naturelife@mweb.co.za and we will send the printed literature to you by post, including *The New Menopause – The Guide to Natural Hormones* booklet by Dr. Michèle Serrand.

Phyto Soya® is unique in its formula

- Standardised, specific extract made only from the Hypocotyl (embryo) of the soya bean – richer in isoflavones than the whole bean.
- Higher Daidzein content. Daidzein is the sole precursor of equol, an isoflavone-type molecule whose estrogen-like quality is the greatest.
- **Phyto Soya®** studies are specific to this formula and cannot be compared to other, different formulas.

Published Phyto Soya® Studies

1) Significant reduction in hot flashes – 61% in 4 weeks

Published in *Menopause* 2002. Clinical study done at a dose of 70mg isoflavones (**Phyto Soya®** High Strength) per day on 75 menopausal women for 4 months. *Drapier, Faure, Chantre, Mares.*

2) Reduction in hot flashes, night sweats, anxiety, depression – 80.2% of women in 4 weeks

Published in *Phytomedicine* 2002. Clinical study done at a dose of 35mg isoflavones (**Phyto Soya®** Regular) per day on 190 Menopausal women for 4 months. *Albert, Altabre, et al.*

3) Improvement in Quality of Life – significant relief

Published in *Menopause* 2007 and *Climacteric* 2008. Clinical study done at a dose of 70mg isoflavones (**Phyto Soya®** High Strength) on 305 menopausal women for 12 months. *Palacios, et al.*

4) Endometrial and breast safety – 3 year study

Published in *Climacteric* 2010. Clinical study done at a dose of 70mg isoflavones (**Phyto Soya®** High Strength) on 197 women (395 postmenopausal women included) for 3 years. *Palacios, Pornel, Vazquez, et al.*

Select a food supplement with a high isoflavone content

The dosage to provide effective relief for menopausal symptoms must exceed 35mg of isoflavones per day. Turn your attention to products that have been subjected to serious clinical studies and published in medical journals. In March 2012, a new meta-analysis published in *Asia* (Wei P et al, *Asian Pac J Trop Med.* Mar. 243-8) shows clearly that soya isoflavones significantly increased bone

mineral density and decreased the bone resorption marker.

Phyto Soya® Regular Strength

17.5mg (morning) and 17.5mg (evening) = 35mg per day for women who have less than 8 hot flashes per day.

Phyto Soya® High Strength

35mg (morning) and 35mg (evening) = 70mg for women who have more than 8 hot flashes per day.

It is important to take one capsule morning and evening because isoflavones leave the body after 8 to 10 hours.



Has menopause left you high and dry?

At least 50 per cent of women undergoing the menopause encounter some vaginal dryness, suffering from difficulty and pain during intercourse, yet it's the least discussed.

Arkopharma's **Phyto Soya Vaginal Gel** provides a natural and effective solution to vaginal dryness – tackling the problem by providing instant lubrication as well as a more long-term solution.

Clinical trials have shown that use of **Phyto Soya Vaginal Gel** leads to a significant regeneration of the vaginal wall by stimulating cellular renewal, while also providing a residual hydration of the vaginal mucosa. So, as well as being hydrated, the vagina regains an amount of suppleness and elasticity. The Gel comes in single-dose applicators – apply one dose, twice a week .

WHY DOES THE VAGINAL DRYNESS OCCUR?

Oestrogen is responsible for the plumpness of the lining of the vagina, for the elasticity of the tissues around the vagina and for the production of the moisture from the cervix. When oestrogen levels fall during the menopause, the vagina loses elasticity, so its lining becomes thinner and it feels dryer. Because there is less moisture, there are fewer of the 'friendly' bacteria that help to keep the vagina acidic. When the vagina becomes less acidic, irritating infections such as thrush can take hold.

All these changes can make intercourse uncomfortable. Another factor is that after the menopause, the Bartholin's glands are less efficient – they take longer to produce the lubricating juices for sex, and produce less than in younger women. US sex



researchers, Masters and Johnson, showed that whereas younger women may become sufficiently aroused for penetrative sex in a few seconds, menopausal women may take five minutes or more.

EXERCISE

Try doing some regular pelvic floor exercises. Designed to strengthen pelvic floor muscles, they also work the vagina, helping to keep it healthy. You can do them just about anywhere and no-one need know! Start by locating the muscles you need to exercise. Imagine you're trying to stop the flow of urine mid-stream. The muscles you tighten (contract) are your pelvic floor muscles. The other way to identify the correct muscles is to imagine you are trying to stop yourself from passing gas. The muscles you squeeze to do this are your pelvic muscles. The exercises can be done by lying down, sitting or standing, with your knees together or slightly apart.

Exercise 1 Slowly tighten your pelvic floor muscles and count to four, then let the muscles relax for a count of four. As your muscles get stronger, gradually increase the count to 10. Try to repeat this 10-15 times. Check that you're not tightening the muscles in your legs, abdomen or buttocks, as it's important to use only your pelvic muscles. Remember to keep breathing.

Exercise 2 Now tighten and relax your pelvic muscles as quickly as you can, again 10-15 times. As a preventive measure, try to do the exercises two or three times a day and you'll never look back.

Water Balance: a gentle diuretic

Meno-Expert® Water Balance contains a herbal extract, **cherry stalk**, which has been shown to act as a diuretic for swelling and accumulation of excess water in the hips, thighs and buttocks.

Water retention is often the result of hormonal changes which lead to the slowdown of the metabolism and especially the disruption of the water elimination mechanism.

Cherry stalk has been known and used for centuries as a cleansing diuretic.

Cherry stalk also contains flavonoids and potassium salts that help to promote the elimination of water.

Meno-Expert® Water Balance is a natural formula of cherry stalk, combined with Vitamin B6 and Menotryptol®: a combination of grape extract containing resveratrol and whey protein.

Take two tablets per day for 2 weeks when symptoms appear. Repeat as necessary.



Cleansing herbal formulation

ANTI-AGEING revisited



Arkopharma Laboratories has recently included **Expert Skin Hyaluronic Acid** into its anti-ageing range, popularly used in many newer cosmetics as a topical application, but also taken orally to improve cartilage lubrication.

One of several studies showing a connection between younger skin and HA supplementation was undertaken at Ohtsuma University in Japan with 96 women aged between 22 and 65. A dietary supplement containing a Hyaluronic Acid powder, taken for 45 days, proved to promote an increase in the moisture, smoothness and firmness of the skin (Allergy Research Group Report, January 2010).

Another enzyme that can help to activate the longevity gene is Resveratrol, the principal active ingredient in the dried root of Polygonum Cuspidatum (Japanese Knotweed). As a traditional Japanese and Chinese medicine, Polygonum extracts

have been used to treat a wide range of ailments such as fungal infections, various skin inflammations and liver and cardiovascular diseases (Dean W, Resveratrol: clinical and anti-ageing benefits. Vitamin Research News Dec/Jan 2004/2005)

An early study demonstrated that Resveratrol (also found in the skins of red fruits, grapes, red wine, berries, pomegranate and propolis) accelerated one of the primary components of collagen synthesis activity (Mizutani et al 1998), while Harvard Medical School and Biomol Research Laboratories reported that Resveratrol activated a longevity gene in yeast, increasing lifespan by 80%. Expert Skin Resveratrol 10mg contains 200mg of dried extract of grape and 9 mg of pure resveratrol from Japanese Knotweed.



Food supplements should be taken in conjunction with a healthy diet and regular exercise.

For further studies see website:
www.naturelife.co.za

Isoflavones applied topically for amazing skin renewal.

While phyto-estrogens and soya isoflavones are known for the control of menopausal disorders, the action of soya isoflavones on the skin was researched by numerous French and foreign dermatologists with a view to correcting estrogen deficiencies in the epidermis. Early studies by Varila et al (Obstet. Gynaecol Dec. 1995) and Schmidt et al (Dermatol Sept. 1996) demonstrated the favourable effect of topical estrogens on the skin by establishing an increase in collagen production and an improvement in skin texture.

Phyto Soya Age Minimising Cream was developed by Arkopharma Laboratories in 2000 and was clinically tested on 42 menopausal women aged 48 to 62 for 1 month applying the cream twice a day. The results were very pleasing with a 25% increase in new cells in the dermis, 37%

increase in new cells in the epidermis and 12% increased hydration. Phyto Soya Age Minimising Cream remains extremely popular with menopausal women who remain loyal users long after the menopause.

Skin Nutrition from the inside – one a day cocktail of skin saving ingredients

Today, more than ever, with processed foods, ready made foods and irradiated vegetables and fruit, it is essential to pay attention to the nutrition of your skin from within. In Beauty Skin Nutrition provides all of nature's skin saving nutrients in one capsule. Clinically proven to improve the depth of wrinkles by up to 43% in 42 days, In Beauty encourages collagen production and assists in bringing moisture to the surface of the skin to hydrate it.

94% of volunteers in a French clinical study, reported increased skin moisturising on the face, 87% reported skin moisturising on the body, while 87% felt skin suppleness had improved.



Try it for yourself. You will love the results.

Recurring Cystitis?

Many studies have shown that high doses of cranberry extract helps with the prevention and treatment of urinary tract infections including cystitis.

There has been a major world-wide increase in *E. coli* resistance to standard antibiotics used for **urinary tract infections** (UTI's). Most cases of cystitis are caused by *Escherichia coli* (*E.coli*), a species of bacteria commonly found in the genital area. (Ref: MayoClinic.com/health/cistitis/D00285)

Bladder Infections such as cystitis, UTI, prostatitis, and chronic pelvic pain syndrome can be treated with standardised **concentrated** cranberry extract; however the effectiveness relies on the dosage and consumption twice daily.

The French Food and Health Safety Agency recommends a standard daily dose of **1800mg cranberry extract** twice a day to alleviate the symptoms of **urinary tract infections** (UTI). Symptoms include frequency, urgency, burning, low-grade fever, cloudy urine with strong odour or blood in the urine.

The dose should be consumed in measurements of 1800mg twice a day (morning and evening), to effectively flush out *E.coli* pili bacteria.

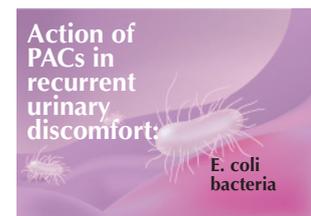
Studies show that bacteria adhere to the bladder wall and that proanthocyanidins (PACs) in high dose **cranberry extract** prevent bacteria from adhering by coating the *E.coli* pili. The studies also show that

PACs improve bacterial ecology, inhibit *E.coli* pili bacteria, treat and prevent symptoms, and reduce recurring infections after antibiotic treatment, therefore reducing antibiotic consumption. (Ref: AB Howell, N Vorsa, Ader Marderostan, et al. N Engl J Med. 1998, 339 (15), 1085-6)

Cys-control® Bladder Relief, is a pleasant tasting **concentrated cranberry extract** in sachet form providing **1800mg of standardised cranberry extract** per sachet, which is dissolved in a glass of water to promote the flushing action of the proanthocyanidins in the extract.

Cys-control® is also very high in Ursolic Acid which provides anti-inflammatory benefits.

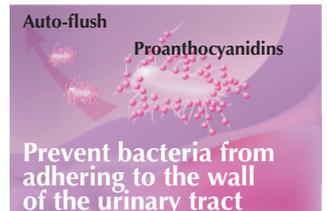
1800mg
cranberry
extract per
sachet



E. coli: naturally present in bowel.

Pili: responsible for adhesivity of bacteria inside the bladder.

Bacteria: full of PACs which prevent fixation to bladder wall.



Studies show that 1800mg of cranberry extract, taken twice daily in a glass of water, has an effective flushing action on *E. coli* in the bladder. 3600mg of cranberry extract is the recommended daily dosage by the French Food Health Safety Agency, to help alleviate the symptoms of bladder infections, improve bacterial ecology and reduce recurring infections after antibiotic treatment. (Ref: Judgment by the French Food Health Safety Agency 6 April 2004)

ARTHRO-AID

CARTILAGE BOOSTER
14 sachets

Special
formula with
10 000mg
collagen

Arthro-Aid Cartilage Booster contains the two substances naturally present in joints: collagen hydrolysate and hyaluronic acid. A 3 month scientific study demonstrated that a daily intake of 10 000 mgs of collagen hydrolysate helped to rebuild and maintain cartilage (Oesser et al 2007).

From the age of 50, collagen production drops significantly and joint cartilage production is greatly affected.

Joint Problems

In both men and women, joint problems are the main cause of reduced mobility. The origin of these problems is worn out cartilage. Once cartilage is worn out, the discomfort progressively worsens, making it more and more frequent and painful.

Cartilage is composed of 67% collagen. From the age of 35, cartilage quality begins to drop. It degrades more quickly than it is regenerated. Scientific research has demonstrated that joint problems are mainly due to reduced collagen production in joint cartilage.

Today there are solutions for maintaining proper joint function.

Arthro-Aid Cartilage Booster contains 10 000mg **collagen hydrolysate and hyaluronic acid**, which scientific studies have demonstrated to have lubricating, maintenance and support properties (Moskowitz 2000). These studies have shown an action on joint pain relief and mobility, with convincing results in particular for:

- soothing joints when they are under strain
- improving joint function

Collagen hydrolysate, in particular, maintains and strengthens joint cartilage. **Hyaluronic acid** helps protect joints by increasing the viscosity of the synovial fluid, thus improving cartilage lubrication. Vitamin C contributes to collagen synthesis. Vitamin D works on bones, at the calcium

assimilation level, on the protein base of the bone by encouraging bone re-calcification.

Arthro-Aid Cartilage Booster delivers the following each day:

- 10 000 mg of collagen hydrolysate,
- 25 mg of hyaluronic acid (in the form of sodium salt),
- 80 mg of vitamin C (100 % RDA),
- 5 µg of vitamin D3 (100 % RDA).

Directions for use:

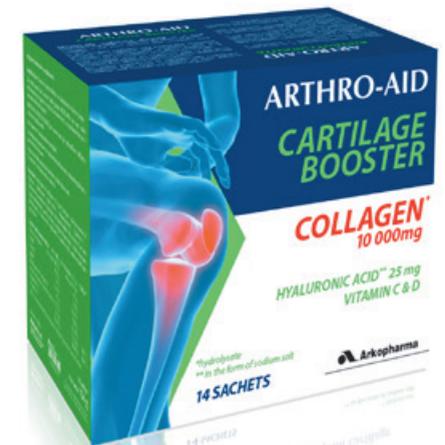
Take 1 sachet per day diluted in a large glass of water.

Arthro-Aid Cartilage Booster may be used for long periods several times during the year.

Do not exceed the recommended daily dosage.

Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

To be kept out of the reach of children.





MIGRASTICK

APPLIED TOPICALLY
ASSISTS IN THE
RELIEF OF MIGRAINES
AND HEADACHES



Migrastick is an aromatherapy product specially formulated to be applied topically to assist in the relief of migraines and headaches.

Test subjects in a clinical trial, used **Migrastick** roll-on for two months. Research results indicated that headache intensity was reduced after just 15 minutes and that the number of migraine-free days increased, particularly between day 30 and day 60. (Dr. Schwob, Paris and Dr. P. Chanter, Nice)

Applied topically to the temples, forehead and back of the neck, **Migrastick** was rated "effective" by 91 percent of patients and doctors participating in the trial.

Not to be used by pregnant or lactating women.

Test subject criteria for inclusion involved the following:

- Patients suffering from migraines for at least a year
- Migraine duration of 4-72 hours
 - Headache characteristics: unilateral; pulsatile; moderate or severe, aggravated by physical activity
 - Associated symptoms: nausea and/or vomiting; photophobia and phonophobia
- Frequency of migraines: at least once a week

Should your headache not improve within 24 hours or your migraine within 1 week, please consult your practitioner.

View the original **Migrastick** study at www.naturelife.co.za



VITALITY – NATURE PROVIDES SOLUTIONS – WHY NOT USE THEM?

Allow your body to excell with **Ginseng**: it improves physical and intellectual performance, acts on the adrenocortex and stimulates the sexual organs.

Subjects in a randomized double-blind study for 8 weeks taking 200mg of **Ginseng** per day showed increased social functioning and increased mental health. (Ann Pharmacother, 2002, University of Connecticut)

Ginseng from the Arkopharma range is of pharmaceutical quality, guaranteed without pesticides. Beware of Ginseng varieties

sold on the market with no standardisation and unrealistic claims, with high pesticide potency risk.

Ginseng Forte High Strength contains 50mg of ginsenosides per capsule, as determined by UVMIS-method, a quantity which is found in 2000mg of native ginseng root. High strength Ginseng is particularly useful for patients recovering from illness and sportsmen and women training for endurance sports.

Recommended dosage: 1 capsule per day. Two capsules per day during endurance training or when recovering from illness.