

NEW MENOPAUSE SUPPORT PACK IMPROVES MENOPAUSE SYMPTOMS*

Technical White Paper

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In 2024, 4Life's Research and Development team conducted a clinical study on the Menopause Support Pack: a product pack designed to reduce menopausal symptoms. The products in the pack were Cal-Mag Complex, 4Life Transfer Factor Tri-Factor Formula, Menopause Support Formula, and 4Life Transfer Factor SleepRite.*

OBJECTIVE

The purpose of this study was to evaluate the efficacy of the product pack by measuring improvements in menopausal symptoms.*

BACKGROUND

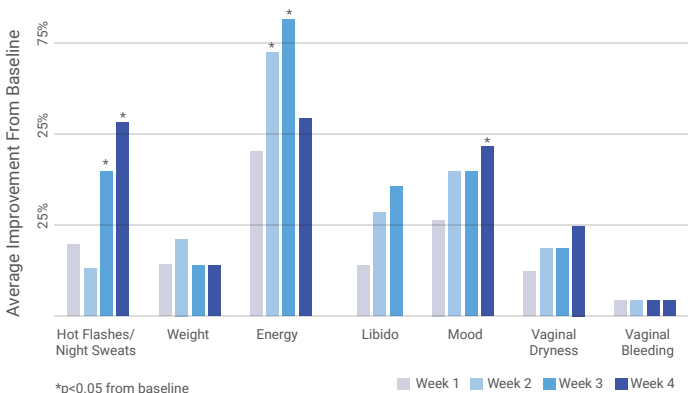
Menopause is a challenging time for women. Over one million women in the United States are experiencing menopause at any given time.¹ In other words, about 6,000 women in the U.S. enter menopause each day.² There are many approaches to support women as they deal with a variety of menopausal symptoms.^{1,2} Many women are looking for safe, natural alternatives to pharmaceuticals.

STUDY DESIGN

Eight women, ages 50 to 57, in various stages of menopause participated in an in-house clinical study. The participants consumed the Menopause Support Pack products daily for four weeks. They filled out the Menopause Transition Scale before consuming products and weekly during the study. The Menopause Transition Scale is a validated survey containing questions about seven symptom categories: hot flashes/night sweats, weight, energy, libido, mood, vaginal dryness, and vaginal bleeding.* After the study was over, participants completed a post-study customer satisfaction survey.*

METHODS

Compared to the baseline, 75% of the participants experienced improvements in hot flashes/night sweats by three weeks and 100% experienced improvements by four weeks. Fifty percent of participants had improved energy by one week, 75% had improved by two weeks, and 87.5% had improved by three weeks.*



Fifty percent of participants experienced an improvement in libido by three weeks, which continued until the end of the study. Fifty percent of participants experienced improvements in mood by one week and 75% experienced improvements in mood by two weeks and four weeks.*

Overall, among all participants, compared to the baseline, there was an over 50% improvement in hot flashes and night sweats after only three weeks, and this improvement continued for the rest of the study. There was a nearly 50% improvement in mood starting at two weeks and there was an over 50% increase in energy as early as two weeks that continued until the end of the study.*

In the post-study satisfaction survey, 100% of participants reported they were "satisfied" with this combination of products, with 50% being "very satisfied." Seventy-five percent of participants reported that the product combination met their needs "very well" or "extremely well."*

CONCLUSION

These results demonstrate that the Menopause Support Pack effectively reduces the symptoms of menopause starting at one week after beginning to take the products. The Menopause Support Pack offers total menopausal support, including bone health support, sleep support, immune support, and, of course, hormonal support for the relief of menopausal symptoms such as hot flashes, night sweats, low energy, everyday stress, and cellular aging.*

1 <https://www.nia.nih.gov/news/research-explores-impact-menopause-womens-health-and-aging>
2 https://swhr.org/health_focus_area/menopause/
3 <https://bioidhealth.com/what-are-the-alternatives-for-hrt/>

* Study didn't find significant improvements in weight, vaginal dryness, or vaginal bleeding.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.