

Estrogene – Product Information Leaflet

About GreenGene Pharma (www.greengenepharma.co.za)

GreenGene Pharma is a South African-based nutraceutical company committed to delivering science-backed, natural healthcare solutions. Our manufacturing facility operates under SAHPRA-accredited standards, ensuring safety, quality, and consistency across all formulations. Our mission is to bridge traditional plant-based wisdom with modern research, offering innovative solutions for wellness, vitality, and support for better health at affordable prices.

Estrogene (60 Capsules, one month supply)



Product Description

Estrogene (stylised as *EstroGene* — combining “Estro” from estrogen and “Gene” to reflect genomic harmony) is a scientifically developed nutraceutical designed to support hormonal equilibrium in women, particularly during the perimenopausal and menopausal transition. Its advanced formulation features a synergistic blend of adaptogenic, phytoestrogenic, and antioxidant-rich botanicals, meticulously selected to ease hormonal fluctuations, alleviate common menopausal symptoms, and promote long-term endocrine and overall female wellness.

Supplement Facts

Serving Size: 2 Capsules | Servings Per Container: 30 (One Month Supply)

Ingredients	Amount per Serving
<i>Red Clover</i>	100 mg
<i>Black Cohosh</i>	100 mg
<i>Ashwagandha</i>	200 mg
<i>Pimpinella Anisum</i>	200 mg
<i>Linum Usitatissimum</i>	500 mg

Other Ingredients: Magnesium Stearate

Pharmacological Benefits of Key Ingredients

1. **Red Clover:** Rich in isoflavones, acts as a natural phytoestrogen that may help alleviate menopausal symptoms such as hot flashes, night sweats, and mood swings. Also supports cardiovascular and bone health.
2. **Black Cohosh:** Non-estrogenic in action, modulates neurotransmitter pathways to relieve vasomotor symptoms. Safe for hormone-sensitive individuals.
3. **Ashwagandha:** A potent adaptogen known to reduce stress, improve sleep, and support hormonal balance.
4. **Pimpinella Anisum:** Contains anethole, supports estrogen balance, aids digestion, and eases menstrual discomfort.
5. **Linum Usitatissimum:** High in lignans (phytoestrogens), helps maintain hormonal harmony and supports heart health.

Who Can Benefit from Estrogene?

- Perimenopausal and menopausal symptoms
- Irregular menstruation, PCOS, or fertility issues
- Hormonal imbalance from stress or age
- Low energy, libido, or skin elasticity

The Use of EstroGene in Special Cases:

1. Reduced Risk of Thromboembolism Compared to Synthetic Estrogens

Unlike synthetic hormone therapy, the phytoestrogens in Estrogene—particularly from Red Clover and Flaxseed—exert selective activity on estrogen receptors, primarily ER- β , which is associated with reduced clotting and lower vascular risk. Multiple clinical studies confirm that isoflavones and lignans do not significantly increase the risk of deep vein thrombosis or cardiovascular events, making them a safer option for women at risk of such conditions (*see References below*).

2. Suitability for Women with Estrogen-Sensitive Conditions

Black Cohosh and Flaxseed are recognized for their non-stimulatory or protective effects on estrogen-sensitive tissues. These ingredients have been studied in populations including breast cancer survivors undergoing tamoxifen therapy, showing relief from menopausal symptoms without promoting tumorigenesis. Red Clover, although phytoestrogenic, has not been shown to raise estradiol levels or increase breast tissue density in long-term trials. (*see References below*).

3. Estrogen Modulation without Suppression

- Phytoestrogens—natural plant-derived compounds found in ingredients like red clover, flaxseed, and black cohosh—bind selectively to estrogen receptor beta (ER- β) rather than estrogen receptor alpha (ER- α), which is typically targeted by synthetic estrogens. This receptor selectivity means that phytoestrogens do not strongly stimulate the estrogen system and therefore do not trigger the body's negative feedback mechanism that shuts down natural estrogen production.

- Instead of suppressing estrogen, phytoestrogens can gently support hormonal balance, especially in women with declining estrogen levels (e.g., during menopause). In high-estrogen states, they may even act as partial antagonists, helping to buffer excessive activity. Additionally, these compounds may assist the body in safely metabolizing and eliminating estrogen by modulating enzymes like CYP450s and promoting healthy estrogen detoxification pathways (*see References below*).

In summary, phytoestrogens help maintain hormonal equilibrium:

- ✓ They don't suppress your own estrogen
- ✓ They support natural metabolism
- ✓ And they provide gentle, selective estrogen-like effects where needed

This makes Estrogene a viable alternative for women who cannot tolerate synthetic hormones, including some cancer survivors, under the guidance of a medical professional.

Dosage & Directions

Adults (18+): Take 2 capsules daily in the morning with water. Recommended for consistent use.

Storage Instructions

Store below 25°C in a dry place, away from sunlight. KEEP OUT OF REACH OF CHILDREN.

Warnings

- Not suitable for pregnant or lactating women.
- Discontinue if allergic reaction occurs.
- Consult your doctor if using hormone-sensitive medication.

Disclaimer

- This product is classified under Category D 33.7 Complementary Medicine – Western Herbal Combination.
- This medicine has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA). It is not intended to diagnose, treat, cure, or prevent any medical condition or disease.
- The information presented herein is based on independent scientific literature and is provided solely for informational purposes. It does not constitute medical advice.
- GreenGene Pharma makes no claims regarding therapeutic efficacy beyond what is available in literature sources (journals, medical websites etc.) and GreenGene Pharma is not responsible for the validity of the information or claims on literature resources.
- Healthcare professionals are advised to exercise independent clinical judgment in evaluating the suitability of this product for their patients.

References

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