

# Meno CTRL

Food Supplement with Probiotics and Vitamins B1 and B3

30 capsules

Net weight ≥ 15 g e

## WHAT IS MENO CTRL?

Meno CTRL contains a blend of five SynbActive® strains specifically selected for women to promote uro-vaginal health and mental wellbeing.

These probiotic strains are formulated to reach both gut and vaginal microbiota, contributing to overall microbial balance.

## WHY CHOOSE MENO CTRL?

Meno CTRL is formulated to support women during menopause.

- Clinically shown to support vaginal colonisation following oral intake<sup>1</sup>.
- Useful as an adjunct in the management of vaginosis<sup>2</sup>.
- Increased vaginal pH caused by reduced oestrogen in menopause, alters the vaginal microbiota resulting in reduced levels of lactobacillus. SynbActive® strains increase genera and species linked to a healthy vaginal microbiota e.g. *Lactobacillus* and reduce the ones linked to vaginal discomfort<sup>3</sup>.
- Contains clinically studied ingredients evaluated in relation to cognitive performance<sup>4</sup>.
- Supports the body's natural response to stress, mood and sleep quality<sup>5</sup>.
- Vitamin B1 (Thiamine) contributes to normal psychological function.
- Vitamin B3 (Nicotinamide) contributes to normal psychological function, maintenance of normal skin and mucous membranes and to the reduction of tiredness and fatigue.

## INFORMATION ON COMPOSITION

**Ingredients:** Corn starch, glazing agent (hydroxypropyl methyl cellulose E464; gellan gum E418), maltodextrin, \*SynbActive® strains (*Limosilactobacillus reuteri* PBS072 (DSM 25175), *Bifidobacterium breve* BB077 (LMG P-30157), *Lactocaseibacillus rhamnosus* LRH020 (DSM 25568), *Lactiplantibacillus plantarum* PBS067 (DSM 24937), *Bifidobacterium animalis* subsp. *lactis* BL050 (DSM 25566)), magnesium salts of fatty acids (E470b), Vitamin B3 (Nicotinamide), Vitamin B1 (Thiamine hydrochloride).

\*SynbActive® is a registered trademark of SynBalance S.R.L.

## INSTRUCTIONS FOR USE

Take 1 capsule per day, preferably on an empty stomach or as directed by your healthcare professional, with a glass of water.

## WARNINGS

Do not exceed the recommended daily dose. Food supplements should not replace a varied diet and healthy lifestyle. Keep out of reach of young children.

## STORAGE CONDITIONS

Store in a cool, dry place, away from direct sunlight and heat sources. Contains live cultures sensitive to heat: store at a temperature between 15 - 25°C.

## DISCLAIMER

This leaflet is intended for informational purposes for consumers and healthcare professionals. Vitamin health claims are authorised by the European Commission under Regulation (EU) 432/2012. Probiotic effects relate to support of intestinal flora balance and wellbeing, not to the prevention or treatment of disease.

## PACKAGE CONTENT

Printed cardboard box containing 3 blisters, with 10 capsules each containing 500 mg per capsule, and a leaflet.

## MANUFACTURER

Manufactured by **FMC SRL**, Via Asi Consortile KM 0+200, 03013 Ferentino (Fr), Italy

Distributed by **LIYFE**, 89 Level 0, Triq is-Siggiewi, Siggiewi SGW 2021, Malta – Europe

## References

- <sup>1</sup> V. Mezzasalma et al., Orally administered multispecies probiotic formulations to prevent uro-genital infections: a randomized placebo-controlled pilot study, Arch Gynecol Obstet, 2016. Erratum in: Arch Gynecol Obstet, 2017
- <sup>2</sup> F. Murina et al., Evaluation of an orally administered multistrain probiotic supplement in reducing recurrences rate of bacterial vaginosis: a clinical and microbiological study". Advances in Infectious Diseases. 2019
- <sup>3</sup> Vicariotto, F.; Malfa, P.; Viciani, E.; Dell'Atti, F.; Squarzanti, D.F.; Marcante, A.; Castagnetti, A.; Ponchia, R.; Governini, L.; De Leo, V. Efficacy of *Lactiplantibacillus plantarum* PBS067, *Bifidobacterium animalis* subsp. *lactis* BL050, and *Lactocaseibacillus rhamnosus* LRH020 in the Amelioration of Vaginal Microbiota in Post-Menopausal Women: A Prospective Observational Clinical Trial. *Nutrients* 2024, 16, 402. <https://doi.org/10.3390/nu16030402>
- <sup>4</sup> Nobile V, Giardina S, Puoci F. The Effect of a Probiotic Complex on the Gut-Brain Axis: A Translational Study. *Neuropsychobiology* 2021. doi: 10.1159/000518385
- <sup>5</sup> Nobile, Vincenzo, and Francesco Puoci. "Effect of a Multi-Strain Probiotic Supplementation to Manage Stress during the COVID-19 Pandemic: A Randomized, Double-Blind, Placebo-Controlled, Cross-Over Clinical Trial." *Neuropsychobiology* (2023): 1-11.