



D45+ PROTOCOL

Against menopausal symptoms

Recommended for:

Women dealing with typical menopause symptoms.

When is it recommended?

Menopause is a physiological process, but it is often accompanied by unpleasant symptoms such as hot flashes, restlessness, and bone fragility which, if not addressed and managed properly, can affect quality of life.

Menopause is part of every woman's life. To help you cope with it in the best possible way, we have developed a protocol that will help you control hot flashes and restlessness and strengthen your bones. Without affecting your hormonal balance.

YOUR DAILY PROTOCOL

We recommend repeating 3-month cycles as needed.

**Principium
Cimicifuga Donna +**



To reduce hot flashes and other menopausal symptoms

1 tablet in the morning
+ 1 tablet in the evening

**Principium
Calcio K-D Vegetale**



To meet the increased need for calcium during menopause and its fixation in bone tissue

2 tablets after lunch
+ 2 tablets after dinner

**Principium
D3 2000**



To aid calcium absorption and support the immune system

1 tablet or 20 drops (in drop form) at lunchtime