

Intake instructions

REGOMEO® from Herrens Mark

Intake

The starting intake is 120ml/day. 60 ml in the morning and 60 ml in the evening, preferably with a meal.

After 2 to 5 weeks the daily intake can be reduced to 60 ml/day: 30 ml in the morning and 30 ml in the evening. Some women require more (60-120 ml/day). Should the effect slowly disappear please increase the daily intake to 120 ml until the effect is felt again. You may hereafter try to decrease the intake to 60 ml/day once more. The daily intake should not exceed 120 ml per day.

The extract can be taken together with a meal – this is, however, not a necessity. If you forget an intake, please **do** not double the following intake. Simply continue taking the amount of extract that suits your needs.

Remember to turn the carton upside down and shake it thoroughly to mix the plant substances.

Content per daily dose	60 ml	120 ml
Fermented red clover extract	55,5 ml	111 ml
- Of which isoflavones	Min. 33 mg	Min. 67 mg
Fermented lemon balm extract	1,8 ml	3,6 ml
Fermented peppermint extract	1,8 ml	3,6 ml
Fermented sage extract	0,9 ml	1,8 ml
Combined extracts provide		
Potassium	480 mg (24 %*)	960 mg (48 %*)
Calcium	192 mg (24 %*)	384 mg (48 %*)
Magnesium	48 mg (13 %*)	96 mg (26 %*)
Lactic acid bacteria (CFU**)	Min 60 million	Min 120 million

*% of RI = Recommended Intake, ** CFU = Colony Forming Units

Taste and consistency

REGOMEO is a living product with extract from natural sources. A natural development of CO₂ might therefore occur as a result – this is of no concern. Taste and consistency may similarly vary from product to product.

Important

The recommended daily dose should not be exceeded. Food supplements should be stored out of reach of young children. A food supplement does not replace the need for a varied diet and a healthy lifestyle.

Attention

The product has been developed specifically for women **during** menopause and should not be taken before menopause begins. We do not recommend using the product if your hot flushes are not due to menopause. In these cases, a doctor should be consulted. The product should not be used during pregnancy or while nursing.



REGOMEO® for menopause

Red clover helps to maintain comfortable menopause. Fermented red clover has increased bioavailability. Lemon balm helps promote a positive outlook and healthy sleep. Peppermint supports the digestion.

Tip for vacations

It is best to bring a half-full bag of extract along with you. Alternatively, you can transfer the extract to smaller, half-litre bottles, with the air pressed out of them, so that the extract is exposed as little as possible to oxygen.

Effective flavour maskers

Keep the extract chilled. Mix it 1:1 with your favourite juice (pineapple juice works best). Others prefer to drink it quickly and wash it down with water/coffee or bite into a slice of orange afterwards.

Storage

- At room temperature, but preferably cool
- After opening, store the extract in the fridge as it tastes best cold
- Shelf life: See best before date on the box
- Shelf life does not change after opening

Unique extracts

– with patented manufacturing process

The unique thing about the herbal extracts from Herrens Mark is that they are fermented with lactic acid bacteria. This provides three primary benefits:

1. The extracts reach a pH value of around 4, in which only lactic acid bacteria thrive. This makes the addition of alcohol or other preservatives unnecessary.
2. The fermentation affects the body's ability to absorb the plant substances, including the plant oestrogens in the red clover. The plant oestrogens are naturally bound to sugar molecules (glycone form). The fermentation separates the sugar molecules (aglycone) from the plant oestrogens, giving them a form that can be absorbed directly through the intestinal wall into the bloodstream. Herrens Mark holds a patent on this unique red clover fermentation process.
3. The herbal extracts from Herrens Mark are non-pasteurised, which preserves the live lactic acid bacteria.



Bag-in-Box packaging for longer shelf life

Herrens Mark herbal extracts are supplied in Bag-in-Box packaging. The bag-in-box principle ensures that the packaging is stable, practical, and hygienic. As the bag empties, it shrinks around the remaining contents, preventing oxygenation of the product and ensuring the shelf life of the product for as long as possible.



Plant extracts and living lactic acid bacteria

With all extracts, you get extract from freshly harvested herbs and live lactic acid bacteria. The extracts are produced from fresh organic herbs grown exclusively at the farm.



100 % organic and suitable for vegans

All the herbal extracts from Herrens Mark is 100 % organic and vegan



REGOBONE®

For bone health after
menopause



REGOPUR®

For digestion and
liver function



REGOMEQ®

For menopause

Herrens Mark ApS

– a specialist in organic agriculture

Herrens Mark is a specialised organic farm from the island Funen, Denmark, with a focus on the development of fermented herbal extracts for use in food supplements. The entire process is handled here, from the planting of seeds in the soil until the extract is poured into jars. All the herbs that we use in our products are grown in the farm's own fields, harvested when fresh and carefully processed in the farm's own production facilities. The extracts are fermented with lactic acid bacteria, and when they are ready for sale, they are packed at our own packing facility.

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