



MINERVA RESET

All-in-one probiotic supplement for
all stages of menopause



HELPING WOMEN FIND
THE RIGHT BALANCE

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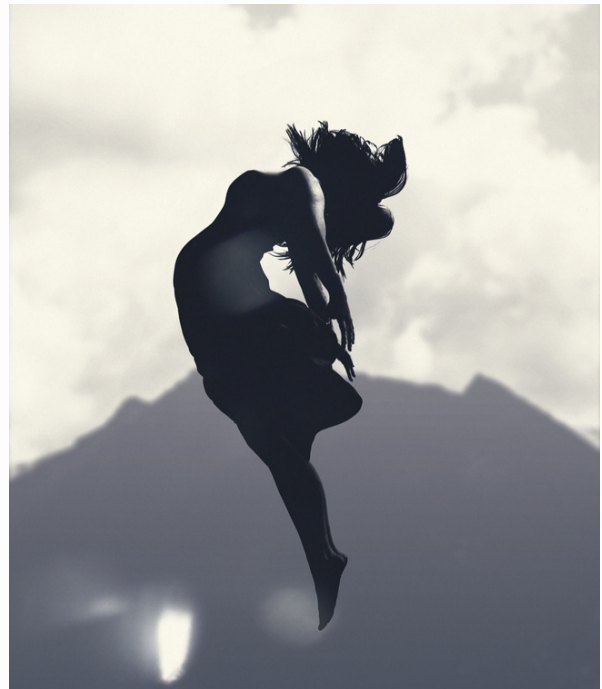


**SUPPORTS HORMONAL BALANCE
AND METABOLISM, NATURALLY**

At Minerva Wellness, we are passionate about solutions found through mother nature, not tested on animals, packaged to minimise environmental impact and produced in the UK with the highest quality ingredients. Everyone has the power to create positive change and we are here to help make it happen.

Menopause can be a truly challenging time, the brain fog, anxiety, hot flushes, low mood, fatigue, weight gain and lack of sleep can really take their toll, on top of all the other symptoms. Minerva Reset has been specifically developed to help reduce the severity of symptoms to help women on their journey through menopause.

Developed and tested by women to help women feel more in control of their symptoms across all stages of the menopause.



Minerva Reset is an all-in-one, multi-probiotic supplement targeting the key symptoms of menopause, including hot flushes, night sweats, brain fog, metabolism, fatigue, anxiety, low mood, bloating, sleep, low energy, gut health and skin/hair/nails.

Each capsule contains a powerful concentration of multi-strain probiotics, phytoestrogens, vitamins, trace minerals and plant botanicals, including calming Passion Flower and the ancient Ayurvedic herb, Bacopa Monnieri, known to improve our resistance to stress.

Supporting good gut health with a 5 billion CFU live culture blend of 4 Lactobacillus and Bifidobacterium probiotics, Minerva Reset is also packed with antioxidants and anti-inflammatories.



10 health and wellbeing products to buy this autumn



INDEPENDENT

20 POWERFUL INGREDIENTS ONE ULTIMATE FORMULA



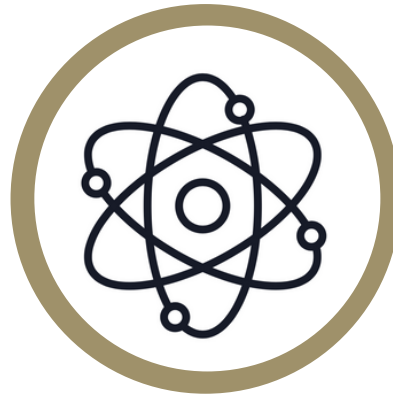
1 VITAMINS

Vitamins B1, B2, B3, B6, Biotin (B7), Folic Acid (B9), B12, C and D3



2 TRACE MINERALS

Magnesium, Zinc and Chromium



3 PROBIOTICS

Lactobacillus Acidophilus, Bifidobacterium Animalis Lactis, Lactobacillus Rhamnosus and Lactobacillus Plantarum



4 PHYTOESTROGENS & PLANT BOTANICALS

Passion flower, Bacopa Monnieri, Sage Leaf, and Soy Isoflavones

VITAMIN C

Vitamin C is one of nature's best antioxidant nutrients.

Some of you may have noticed changes to your skin. This is because oestrogen also influences collagen production, skin hydration and suppleness, creating that ever-sought after youthful glow. However, during the menopause oestrogen levels decline and the first signs of skin ageing such as fine lines, wrinkles and a drop in skin tone could start to emerge.

Vitamin C helps to pick up the slack and works hard to maintain collagen production and compensate for the lack of oestrogen. However, collagen isn't just important for skin anti-ageing, it's important as an integral part of connective tissue, cartilage, ligaments, and provides that basic bone matrix structure in which minerals become deposited to help build strong bones and support bone density.



VITAMIN B FAMILY

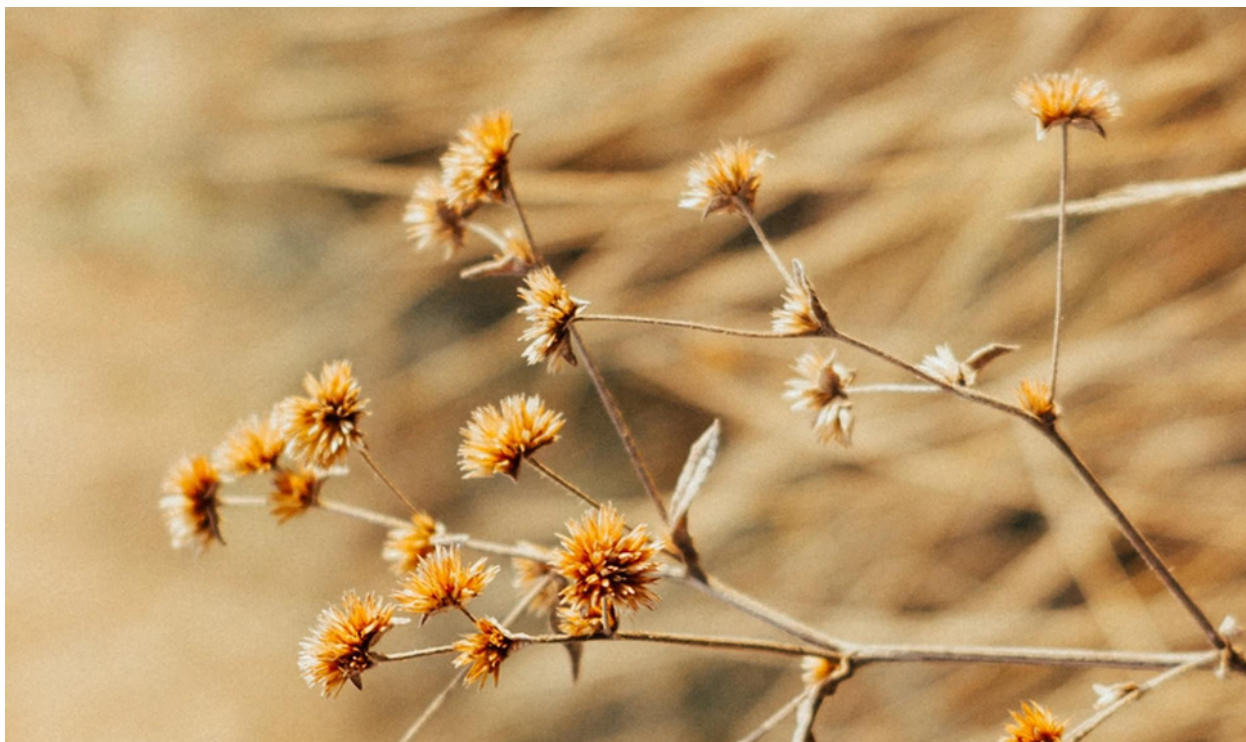
B vitamins are among the most important nutrients to consider during menopause. Contributing to everything from energy production to brain function, the B vitamins play a vital role in some of your body's most important processes.

The adrenal glands are responsible for the release of stress hormones like cortisol, as well as the production of oestrogen and other sex hormones in the body. B vitamins work to support the adrenals' ability to produce and release these hormones.

B vitamins can help support the nervous system during this hormonal transition and potentially alleviate the severity of some of symptoms such as hot flashes, they are also critical for maintaining healthy energy levels because they help the body effectively process and use carbohydrates, fat, and protein for fuel. Vitamin B6 additionally plays an important role in the creation of serotonin, brain health and cognitive function.

Folic Acid, also part of the Vitamin B family (B9), has also been shown to be effective in reducing the severity, frequency, and duration of hot flashes. Folic Acid can also support your hair follicles in producing new hair growth.

Thinning hair is a also common problem affecting women in menopause, Minerva Reset contains Biotin (Vitamin B7) to support healthy hair growth.



ZINC

One of the most important trace minerals on the menopause journey is Zinc, an essential trace element that's found and used by every cell throughout your body.

Zinc helps the pituitary gland to release the follicle-stimulating hormone (FSH), which encourages ovulation and tells your ovaries to produce more progesterone. Sufficient amounts of Zinc helps the ovaries produce oestrogen and progesterone.

There are so many benefits of supplementing with Zinc. It helps with the repair and growth of hair, can help with hormonal migraines and headaches, improves energy, increases mood, benefits the cognitive and memory functions, and also helps with weight management around the midriff due to its synthesis and action of insulin. Insulin is the hormone which is secreted by your pancreas in relation to the regulation of your blood glucose levels. You need insulin to help move glucose around the body to your brain, liver and muscles especially.

Zinc also helps to maintain collagen and tissue health and can relieve the vaginal dryness of menopause. Zinc supports the hippocampus, which is the part of the brain that dials down cortisol and the stress response.



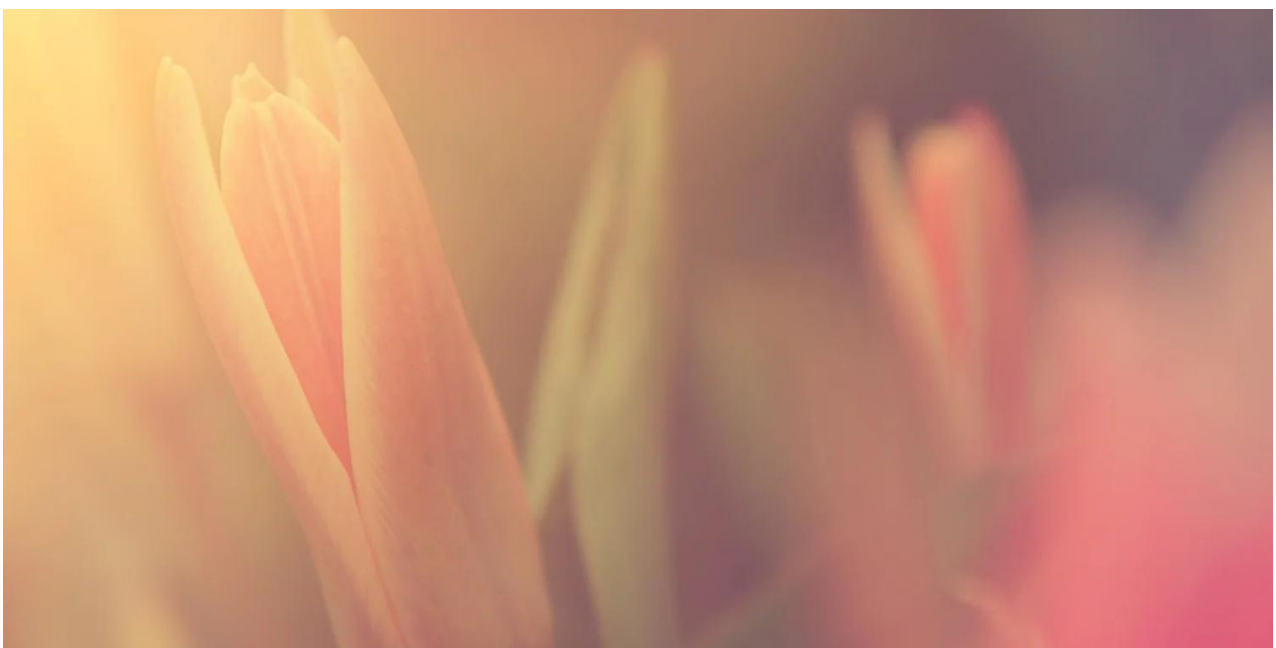
VITAMIN D

Vitamin D may play a role in moderating several perimenopause and menopause symptoms and concerns.

Low mood and depression are a common and serious complaint among women in the transition. Inadequate vitamin D may be contributing to the problem. If you have brainfog and concentration issues, vitamin D may also help you feel sharper and more focused.

Vitamin D also helps your body utilise insulin more effectively. It is actually a hormone, produced by the kidneys, that communicates with your other hormones, making it especially essential to help balance hormones.

Vitamin D is widely acknowledged for its role in maintaining bone health as calcium and vitamin D work in synergy to strengthen bones: calcium builds up and strengthens bones, while vitamin D supports the absorption and regulation of calcium in the body.



PASSION FLOWER

Passiflora caerulea, the blue passion flower, has long been used to support anxiety and insomnia. For menopause, this particularly effective botanical has shown efficacy at alleviating symptoms such as hot flashes and night sweats. The alkaloids present in Passion Flower have been found to increase GABA (Gamma Amino-Butyric Acid) in the brain. GABA naturally plays an essential role in promoting sleep, relieving anxiety, and protecting the brain.

Passion Flower is also a powerful antioxidant and anti-inflammatory due to the high presence of antioxidant compounds. One compound in particular, Quercetin, has been extensively studied and found to be exceptionally effective in ridding the body of damaging free radical molecules and inhibiting various enzymes that cause inflammation. Passion Flower's compounds also relax the nervous system, helping to relieve nerve related pain.

The power of Passion Flower can also help to alleviate symptoms of anger, palpitations, creeping feeling on skin, depressed mood, muscular pain, hot flashes, headaches, weakness and fatigue. It can also aid high blood pressure and insomnia.

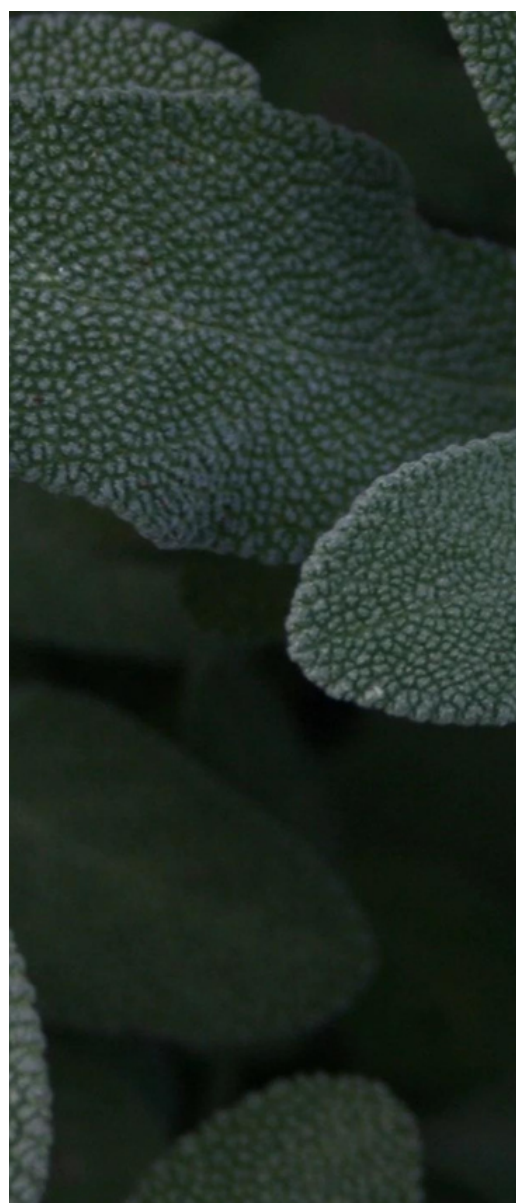


SAGE LEAF

Sage Leaf is one of the oldest botanicals used over thousands of years to treat a multitude of conditions. Sage contains phytoestrogens, a weaker plant-based form of oestrogen that interacts with the oestrogen receptors in our body. Minerva Reset contains a concentrated dose of Sage Leaf providing 3.125mg Rosmarinic Acid, a powerful antioxidant and anti-inflammatory.

The hypothalamus is a gland in the brain that regulates body temperature. As your oestrogen level falls, this has a direct effect on the hypothalamus, making it think you are over-heating. This in turn triggers a heat-releasing process that results in hot flushes and night sweats.

Sage Leaf appears to have a calming effect on the hypothalamus, helping to reduce the severity, duration and frequency of hot flushes, sweating and night sweats. Sage also contains a large array of active compounds that may enhance cognitive activity and protect against neurodegenerative disease. These properties are understood to bind to certain receptors in the brain to help improve memory, brain fog, poor cognition, low mood, dementia, memory, motivation, depression, attention and learning,



SOY ISOFLAVONES

Soy is a plant protein containing phytoestrogens, which are hormones derived from plants, called isoflavones. These have an oestrogen-like structure that binds to oestrogen receptors. Soy isoflavones help support menopausal symptoms, including hot flashes, mood swings, cognitive function, depression, fatigue and sleep.

Data has shown that Soy Isoflavones may reduce both the frequency and the intensity of hot flushes by up to 50%, in turn helping women get a better night's sleep. Soy Isoflavones also exhibit heart health and bone strengthening properties.

Isoflavones are also considered anti-oxidant compounds. This means that they reduce damage due to oxygen (such as that caused by free radicals) and may help fight against certain types of cancer.



BACOPA MONNIERI

Bacopa is one of the most important Ayurvedic herbs for depression, emotional stress, mental exhaustion, forgetfulness and anxiety. Menopause brain is not all in your mind. The physical and emotional symptoms related to the changes in your hormone levels are very real and can be extremely debilitating. Brain fog affects around two-thirds of menopausal and perimenopausal women.

Bacopa monnieri also helps improve cognitive functioning, brainwave activity and acts as a natural anti-depressant. Bacopa is well known for reducing the stress hormone cortisol and for counteracting the effects of stress by regulating the hormones involved with the stress response. It can also decrease anxiety by improving the production of serotonin - the hormone that calms the mind.

Bacopa has been used for centuries to help calm the nervous system.



MULTI-STRAIN PROBIOTICS

Optimising gut health is so important for helping to balance our hormones. One of the most important natural health considerations for menopause is microbiome support.

Your gut health holds the key to your immune system and your overall health and it is now believed that the oral, vaginal, and gut microbiota composition can be altered by falling oestrogen levels. Probiotics also help break down soy isoflavones into a more potent isoflavandiol oestrogen compound called equol.

Minerva Reset has been formulated to help support both the gut and vaginal microbiomes, as well as benefiting immune function, digestive and heart health.

A healthy, diverse gut microbiome is important for weight management and general wellbeing. Multi-strain probiotics also work more effectively than single strains.

Minerva Reset contains 4 scientifically proven strains of *Lactobacillus Acidophilus*, *Bifidobacterium Animalis Lactis*, *Lactobacillus Rhamnosus* and *Lactobacillus Plantarum*, the majority of which belong to the *Lactobacillus* family which has been associated with reduced fat storage and weight loss.



CHROMIUM

Chromium is one of the most common elements in the earth's crust and in seawater, but only tiny amounts are present in the human body. For many women in the menopause transition, weight gain can be very disheartening and frustrating. This in turn contributes to low mood, low self esteem and just not feeling like your old self. Minerva Reset contains chromium picolinate, which is beneficial in helping with weight management during menopause.

Chromium is an important mineral in the breakdown of fats and carbohydrates. It works with insulin to help your body use blood sugar more efficiently and supports the metabolism of carbohydrates, fats, and proteins.

It also has a positive impact on your existing glucose levels and consequently your response to insulin, which may have the added benefit of modulating brain function. Chromium has also been shown to have a direct effect on brain receptors for serotonin, helping to reduce anxiety and depression.



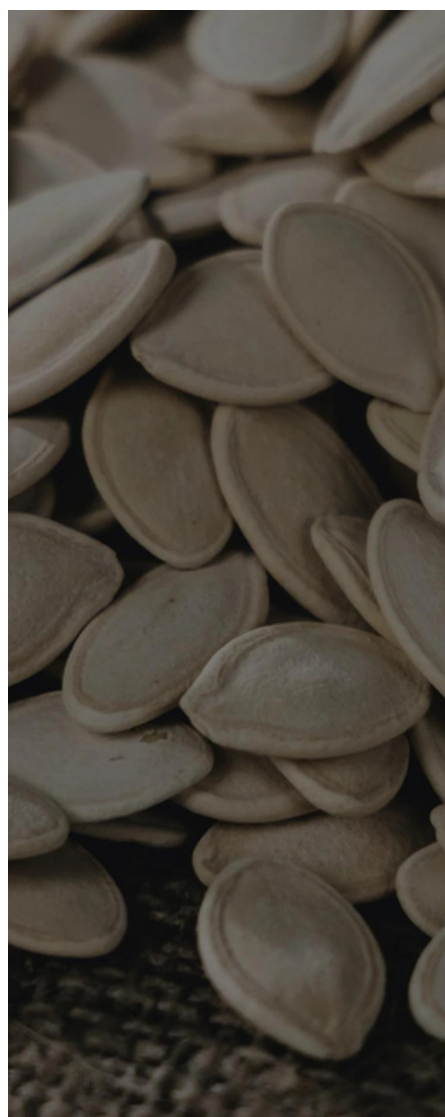
MAGNESIUM

Magnesium is often recommended for menopause due to its impressive health credentials. playing a role in more than 300 biochemical reactions in the body. Beyond helping to protect bones and teeth, Magnesium helps to maintain normal muscle and nerve function, as well as normal psychological function. Magnesium also contributes to energy metabolism, as well as supporting the reduction of tiredness and fatigue.

Magnesium activates the parasympathetic nervous system, which is responsible for promoting feelings of calm and relaxation., also helping to improve sleep quality. Magnesium has been shown to contribute to normal psychological function and is often recommended for anxiety.

Magnesium also helps to convert glucose into energy and plays a central role in energy metabolism tho help support the reduction of tiredness and fatigue. It is also crucial for the absorption and utilisation of both calcium and vitamin D, which are critically important for bone health.

Some women may be affected by heart palpitations during menopause, so increasing your intake of magnesium can help as magnesium is involved in the transportation of electrolytes into cells, which helps to regulate heartbeat.



A B O U T U S



MINERVA WELLNESS CO-FOUNDERS

Minerva Wellness Co-Founders, Suzanne Boudier and Myriam Djellouli, found themselves in the heavy depths of Menopause and after trying cupboards full of supplements to no avail, they decided to create a unique solution to support them on their menopause journey. After 2 years in R&D, Minerva Reset was tested on 80 women with fantastic results and is building a solid and loyal following with midlife women, who are seeing big improvements to their symptoms.



MINERVA RE

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ALL-IN-ONE PROBIOTIC SUPP
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minerva

WELLNESS

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