

Biotics Research Corporation Product Showcase

BioPause-AM[®]

BioPause-PM[®]



For Healthcare Professionals Only

BioPause-AM[®] & BioPause-PM[®]: Improved well-being for women from Biotics Research Corporation bringing you “The Best of Science and Nature”

BioPause-AM[®] is a proprietary herbal blend, containing *Cimicifuga racemosa*, *Rhodiola rosea*, *Leonorus cardiaca* and *Vitex agnus-castus*.

Cimicifuga racemosa, root, also known as Black Cohosh, is very effective in decreasing hot flashes and night sweats. *Rhodiola rosea* is an adaptogen that helps support normal adrenal function. *Leonorus cardiaca* also known as Motherwort, has long been used for palpitations associated with hot flashes. *Vitex agnus-castus* also known as Chasteberry, is calming and helps support menstrual regularity. *Vitex* is appropriate for women still menstruating but having hot flashes, since it has a calming effect.

BioPause-AM[®] is best taken prior to 2 p.m.. 2 capsules early morning are recommended. It should be taken consistently for 8 weeks for maximum results.

Cautions: For adult use only. Not recommended for pregnant or lactating women.

BioPause-PM[®] is a proprietary herbal blend, containing Magnesium (as glycinate), *Cimicifuga racemosa* root also known as *Black Cohosh*, *Passiflora incarnata* (flower) also known as *Passionflower*, and *Melissa officinalis* (leaf) also known as *Lemon Balm*.

Magnesium glycinate helps with sleep and relaxation. *Cimicifuga racemosa* root (Black Cohosh), has beneficial effects as mentioned above, while *Passiflora incarnata* (flower) and *Melissa officinalis* (leaf), both provide a calming effect on the nervous system. Many women are anxious and wired at the end of the day and have trouble sleeping. This combination of herbs helps calm the nervous system and helps with night sweats. **BioPause-PM[®]** recommended dosage is 2 capsules before bedtime.

Cautions: For adult use only. Not recommended for pregnant or lactating women.

In an evaluation using both **BioPause-AM[®]** and **BioPause-PM[®]**, 11 of 12 women (90%) who responded to a survey reported a reduction in menopausal symptoms. 82% of the positive respondents said they had a reduction in hot flashes, 91% had a reduction of night sweats, 100% had improved quality of sleep, 73% had improved energy level, 82% had improved mood, 64% had improved memory, 55% had a greater sex drive, and 64% had less joint and muscle aches and stiffness.

BioPause-AM[®]

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving
Proprietary Blend	1,000 mg
Rhodiola rosea extract (root)*	
Cimicifuga racemosa (root)*	
Leonorus cardiaca (aerial part)*	
Vitex Agnus-castus (berries)*	

*Daily Value not established

Other ingredients: Gelatin, water and glycerin.

Recommendation: Two (2) capsules each morning as a dietary supplement or as otherwise directed by a healthcare professional.

Caution: For adult use only. Not recommended for pregnant or lactating women.

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LIT-135 Rev. 9/09



BioPause-PM[®]

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 60

	Amount Per Serving	% Daily Value
Magnesium (as magnesium glycinate)	30 mg	7%
Proprietary Blend	700 mg	
Black Cohosh (<i>Actaea racemosa</i>) (root)		*
Passionflower (<i>Passiflora incarnata</i>) (aerial part)		*
Lemon Balm (<i>Melissa officinalis</i>) (leaf)		*

*Daily Value not established

Other ingredients: Gelatin, water and glycerin.

RECOMMENDATION: Two (2) capsules taken one (1) hour before bedtime each night as a dietary supplement or as otherwise recommended by your healthcare professional.

Caution: For adult use only. Not recommended for pregnant or lactating women.

NDC #55146-07860 Rev. 12/08

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.