

The most  
**TRUSTED**  
form of  
Estrogen

Switch

On

the **Zen Mode**



# Estrahenz

Estradiol Valerate 2 mg Tablet

## Background :

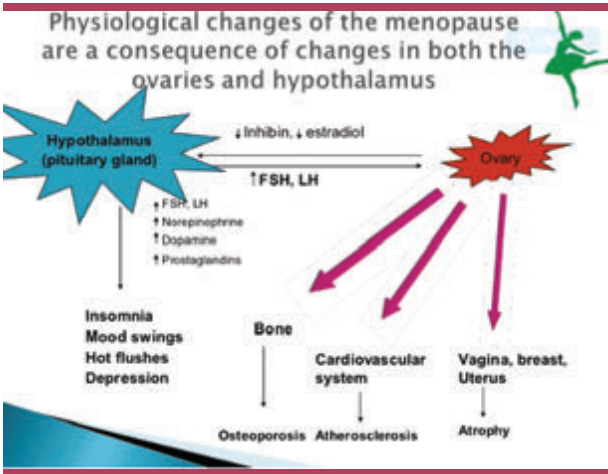
Women ovaries gradually make less of estrogen hormone as women get older and will no longer produce it after she has gone through the menopause.

Osteopenia and osteoporosis are common among Indian women. Moreover, 35–40% of menopausal women between 40 and 65 years have been detected to suffer from osteopenia whereas 8–30% suffer from osteoporosis. Low estrogen level are trigger for rapid degeneration of the bones.

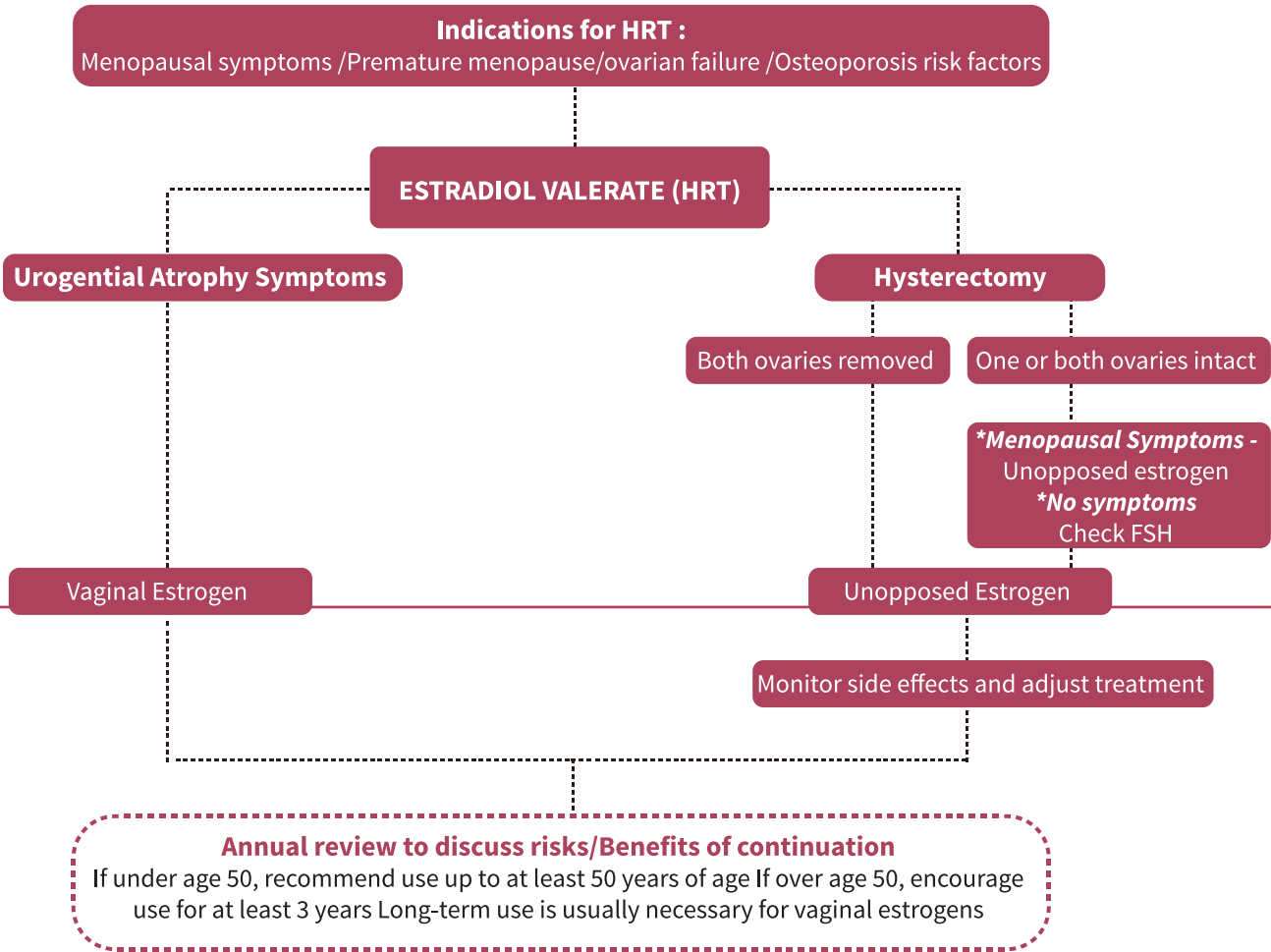
## Importance of Hormone Replacement Therapy (HRT) :

HRT is a FDA approved treatment to relieve menopausal symptoms and prevent osteoporosis. It is used to supplement natural hormone with synthetic hormone during the menopause transition when hormone production decreases.

- Relief symptoms of menopause
- Prevention of osteoporosis



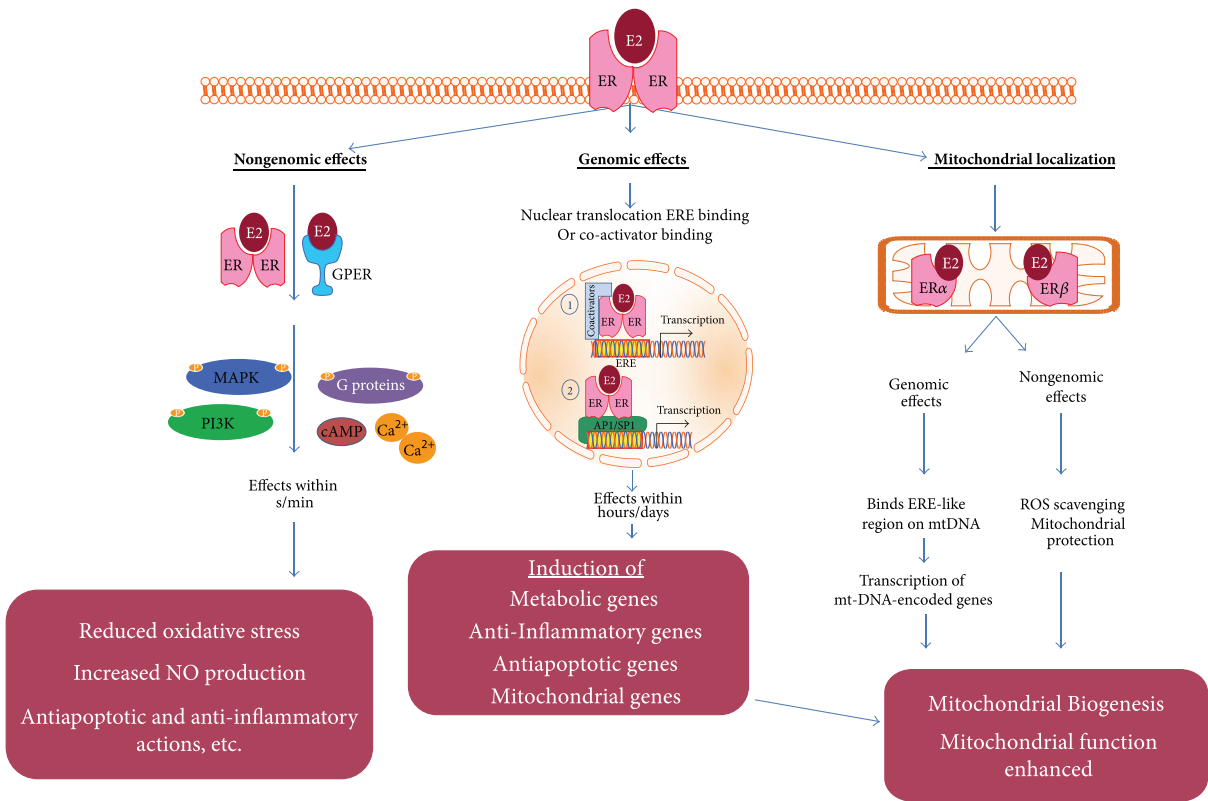
## Guidance on HRT prescribing With permission from the West Midlands Menopause Society



Reference : The Obstetrician & Gynaecologist ;2015

## Mechanism of Action :

Estradiol Valerate acts via either genomic or nongenomic mechanisms.



# Estrahenz

Estradiol Valerate 2 mg Tablet

## DESCRIPTION:

Estrahenz tablet is a Hormone Replacement Therapy (HRT). It contains the female hormone, estrogen. Estrogen can be used in peri- and postmenopausal women.

Estrahenz contains estradiol valerate, (the valeric-acid ester of the endogenous female oestrogen, estradiol). The active ingredient estradiol valerate, a prodrug of the synthetic  $17\beta$ -estradiol, is chemically and biologically identical to endogenous human estradiol.

## Mechanism of Action :

Estradiol is the most potent form of all mammalian estrogenic steroids and acts as the major female sex hormone. As a pro-drug of estradiol, estradiol valerate has the same downstream effects within the body through binding to the Estrogen Receptor (ER) including ER $\alpha$  and ER $\beta$  subtypes, which are located in various tissues including in the breasts, uterus, ovaries, skin, prostate, bone, fat, and brain.

Estradiol valerate is considered to be a natural and bioidentical form of estrogen. It substitutes for the loss of estrogen production in menopausal women, and alleviates menopausal symptoms.

## Indications:

Estrahenz is used for estrogen deficiency symptoms in peri- and postmenopausal women to alleviate menopausal and osteoporosis symptoms.

## Dosage & Administration :

1-2 Tablets a day or as suggested by health care Professional

## Presentation :

Estrahenz is available as a strip of twenty-eight tablets .



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