



Trinovin.

Pharmacy Fact Sheet

What is Trinovin?

Trinovin is formulated from red clover (*Trifolium pratense*) isoflavones and is standardised to 40mg of four important isoflavones; biochanin A, formononetin, daidzein and genistein. A daily supplement of 40mg is likely to mimic the isoflavone level of a traditional Eastern diet.

A Dietary Connection

Men on traditional Asian diets are more likely to maintain normal prostate health when compared to men in typical “Western” cultures. These differences appear to be associated with differences in consumption of isoflavones in the diet.

What does Trinovin do?

Trinovin may help maintain prostate and urinary function and may assist in the relief of symptoms of medically diagnosed prostate enlargement (Benign prostatic hypertrophy or BPH).

When should Trinovin be recommended?

Trinovin is recommended for men with medically diagnosed BPH with symptoms such as:

- Needing to urinate frequently
- Getting up frequently at night to urinate
- Straining to urinate
- Broken stream

Dosage

1 x 40 mg tablet per day. The positive effect of Trinovin depends on the individual's underlying problem and the response to any dietary intervention may take some time. Trinovin should be taken daily for at least 8 weeks to determine efficacy for the individual. Trinovin is available in a 30 or 90 tablet pack.

Safety Profile

Trinovin contains isoflavone plant compounds that are normal dietary constituents, which can be found in legumes. Men in traditional Eastern communities have been consuming a much higher level of isoflavones for generations.

There are no known side effects associated with Trinovin. No adverse reactions are known at the recommended dosage.

More Information

For more information, visit www.trinovin.com or telephone 1300 789 709

The Prostate

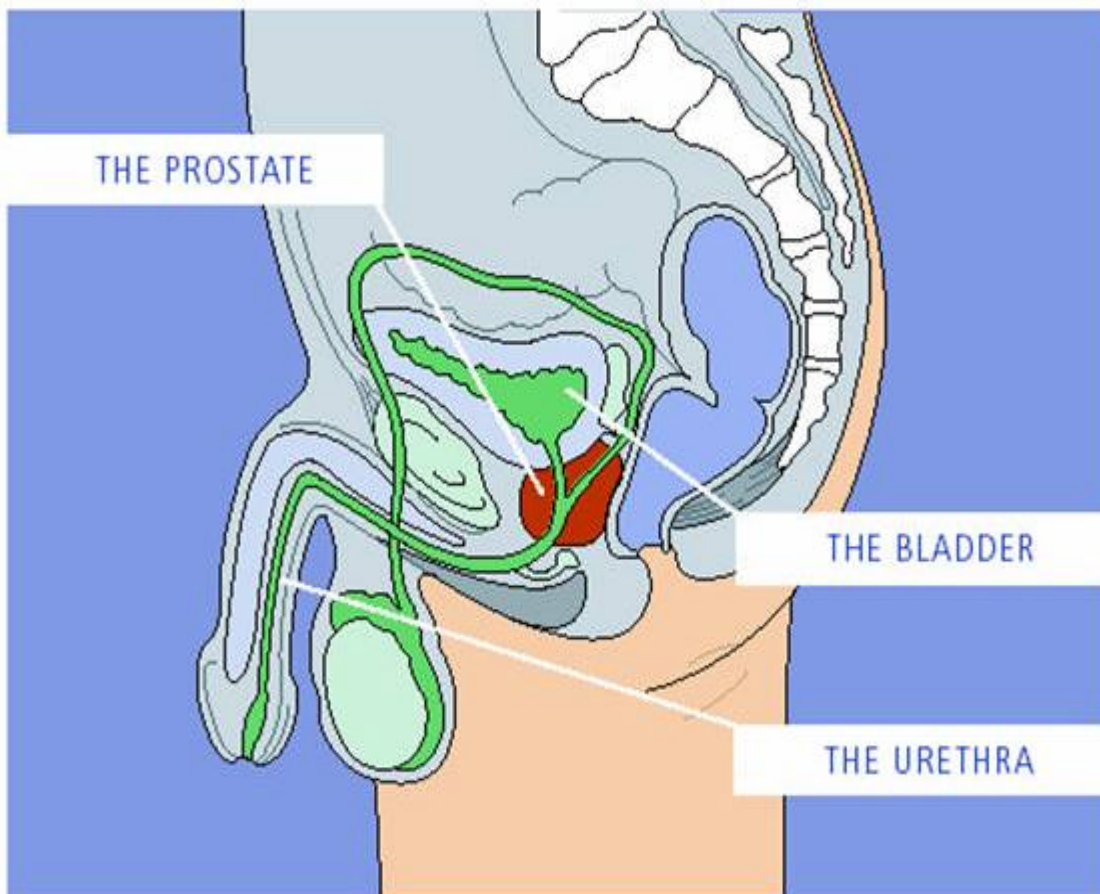
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Location:

A walnut sized gland that surrounds the urethra as it emerges from the neck of the bladder

Function:

Produces part of the seminal fluid which carries and nourishes the sperm during ejaculation. This fluid is transported to the penis via the urethra.



When the prostate is enlarged, it may press on the bladder and/or urethra, causing urinary symptoms such as the need to urinate frequently, both during the day and at night, difficulty in starting to urinate and a feeling that the bladder is never completely empty.

It is common in men over the age of 50 and can have a major effect on their quality of life.

Men with this condition should visit a doctor for a diagnosis.

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.