Trinovin

Pharmacy Fact Sheet

What is Trinovin?

Trinovin is formulated from red clover (Trifolium pratense) isoflavones and is standardised to 40mg of the most important isoflavones, biochanin A, formononetin, daidzein and genistein. It was developed following original research and clinical trials in men. 40mg is equivalent to the average amount of isoflavones consumed by men eating a traditional eastern diet.[1]

What does Trinovin do?

Trinovin helps maintain prostate and urinary function[1] and may assist in the relief of symptoms of medically diagnosed prostate enlargement (Benign prostatic hypertrophy or BPH))[2]

Mode of action

Trinovin's red clover isoflavones modify the hormonal activity on the prostate, restoring hormonal balance and alleviating the symptoms of 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 for at least 4-6 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[3]. The average western diet already contains between 2 and 5mg of isoflavones each day. Men in Eastern communities have diets that are high in isoflavone content for many years (up to 200mg per day in some Japanese men). These men enjoy normal prostate function for longer than men living in Western countries.[4]

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

Clinical outcomes

1. Kimira M, Arai Y, shimoi K, Wantanbe S. Japanese intake of flavonoids andisoflavonoids fro foods. J Epidemoil 1998; 8(3): 168-75
2. Gerber G, et al. The Use of Standardized Extract of Red Clover Isoflavones for the Alleviation of BPH Symptoms, Presented at 82nd Annual Meeting of the Endocrine Society, Canada June 2000
3. Griffiths K, et al. Phytoestrogens and diseases of the prostate gland. Balliere"s clinical endocrinology and metabolism, 1998; 12(4); 625-647
4. Katz A. Flavonoid and Botanical approaches to Prostate Health, Review. Journal of Alternative and Complementary Medicine . 2003; 8(6)' 813-823

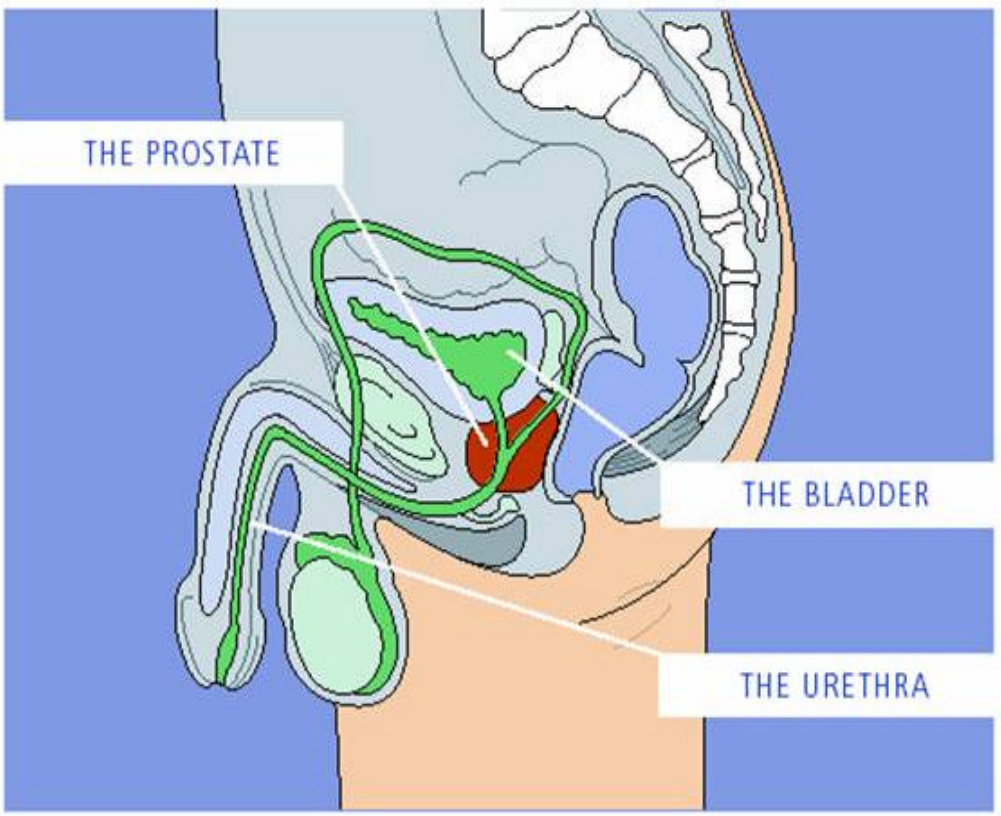
To request a copy of the clinical trials, visit www.trinovin.com or telephone 1300 789 709

The Prostate

Trinovin.

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, see your doctor or healthcare professional.