

WILD NUTRITION®



FOOD-GROWN®

Certified



Corporation

Practical clinical considerations to support early neurological changes in Perimenopause

**Presented by Lorna Driver-Davies
Clinical Nutritional Therapist
& Head of Nutrition**

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WILD NUTRITION®



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Lorna Driver-Davies, Head of Nutrition



Registered Clinical Nutritional Therapist, with 14 years specialist experience in women's gynaecological and hormone nutrition.

- Significant clinical experience in perimenopause and menopause life stages, including a special interest in the immune-neuro symptoms in perimenopause, endometriosis in perimenopause and thyroid health in perimenopause.
- Case contributor to evidence-based peer reviewed functional medicine textbook.
- Nutrition speaker for consultant surgeons and nurses: BSGE (British Society of Gynaecological Endoscopy) and lecturer for UK wide specialist Endometriosis Nurses. Sits in on live theatre for general gynaecological and endometriosis laparoscopic surgery.

What are we covering?

Perimenopause is more than just an endocrinological transition. I welcome you to assess this transition as a **shift in neuro-immuno-endocrinology**.

Often missed, misunderstood and underappreciated especially **if there is the absence of marked classic menstrual cycle changes or only minor menstrual/hormonal changes.**

*A 2021 study commissioned by the UK government shows that of the 70% of those that experienced perimenopausal symptoms in their 30s and 40s, nine in 10 (90%) failed to recognise the immediate link to their fluctuating and declining hormones, instead attributing symptoms to ageing, stress, anxiety or depression”.**

Introduction (1)

*“Although primarily viewed as a reproductive transition, the symptoms of perimenopause are largely neurological in nature.... a hypometabolic state associated with neurological dysfunction can develop”. (*1)*

Neurological symptoms that emerge during perimenopause are indicative of disruption in multiple progesterone and oestrogen-regulated systems:

Such as...thermoregulation, sleep, cognitive and sensory processing, mood, general psychology, neurotransmitter production and regulation and more. Significant nervous system dysfunction and ‘stress’.

*For some women, this hypometabolic state might increase the risk of developing neurodegenerative diseases later in life.” (*2)*

*“Emerging evidence is showing that peri-menopause is pro-inflammatory and disrupts oestrogen-regulated neurological systems...”. (*3)*

Wild Nutrition is the *pioneer*
of Food-Grown® supplements



FOOD-GROWN®

What does Wild Nutrition stand for?

Led by founder and formulator Henrietta Norton, Wild Nutrition's naturally-sourced supplements contain the same essential compounds found in food-based nutrition.

No synthetic nutrients, no fillers, no binders, just nutrients as *nature intended*.

Scientific studies confirm just how effectively Food-Grown® supplements are absorbed and, crucially, retained.

Certified B Corp in 2021, Wild Nutrition's team of expert nutritional therapists empowers every woman with the knowledge and nutrients to transform her health, naturally.



How does Food-Grown® compare to the wider supplement market?

SYNTHETIC

- + Most supplements contain synthetically derived, isolated, petrochemical-sourced nutrients.
- + Summary: Synthetically isolated nutrients.

Vitamin C example:
Ascorbic acid

FOOD-MIXED

- + Many 'food state' supplements combine synthetically-derived nutrients alongside real food, creating separate, unnatural elements.
- + Summary: A food and synthetic cocktail.

Vitamin C example:
Ascorbic acid
+ Citrus bioflavonoids

FOOD-GROWN®

- + Only naturally-derived ingredients, complete with all their co-factors, sourced from real food.
- + Summary: A nutrient-rich food-only capsule the body welcomes.

Vitamin C example:
Nutrient-enhanced Citrus pulp
(providing Vitamin C and Bioflavonoids)

Perimenopause Complex



NUTRITIONAL INFORMATION

Nutrient	2 capsules provide	% NRV*
Vitamin B6	5mg	357
Pantothenic Acid	2mg	33
Magnesium	57mg	15
Iron	5mg	36
Molybdenum	25µg	50
N-Acetyl L-Cysteine	150mg	
Shatavari powder	500mg	
Saffron	30mg	

Can be safely combined with HRT

Shatavari (*asparagus racemosus*) "*she who has a hundred husbands*"

- Adaptogenic herb. Contains steroidal saponins
- Regulates oestrogen production by binding to oestrogen receptors.
- Hepatoprotective – helping the liver to process excess oestrogen
- immunomodulatory and immuno-protective and able to support NK cells.
- Antioxidant and anti-inflammatory
- HPA axis support
- Neuroprotective and nootropic
- Supports libido
- Supports energy
- Is used for fertility (yes, its perimenopause, but some women still wish to attempt to conceive)



Saffron 'Safr'Inside™ - patented and clinical dose 30mg



Ethically sourced from Iran

Mountain location source, away from any city pollution

Sustainable and ancient irrigation system. Water loss is limited.

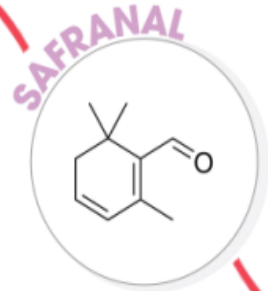
Unique soft extraction process - to respect the native profile of the source and guarantee the non- adulteration of the final extract.

We have used the same dose in our formula as that used in all the clinical studies.

What is Safr'inside™?

The only encapsulated saffron extract with the highest safranal content

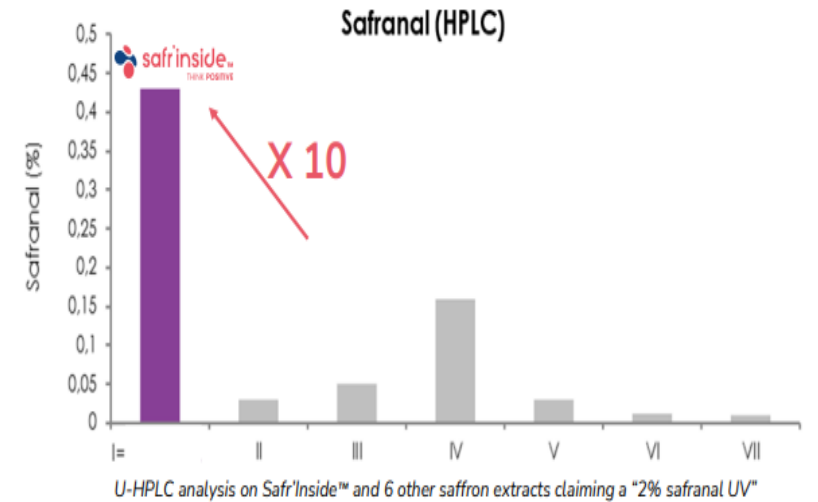
Not easy to analyze and quantify.
Overestimated content.



Volatile compound.
Lost during the extraction process.



The highest concentration in real safranal



Safr'inside™ contains up to 10x more safranal than other saffron extracts

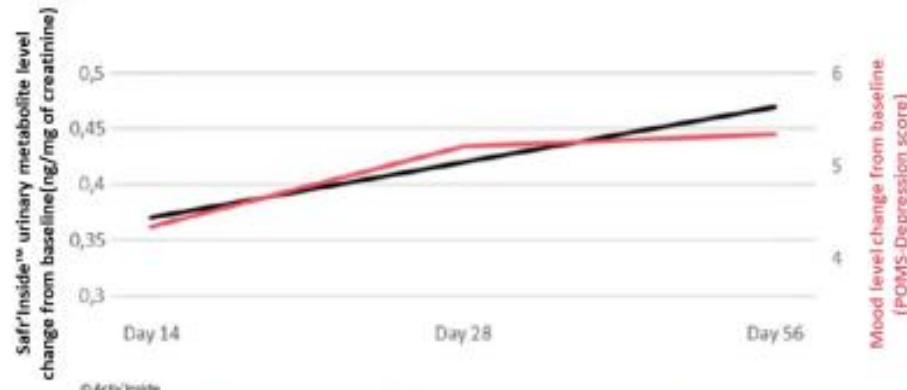
Safr'inside™ Clinical Study – Chronic Results



Effects of Saffron Extract Supplementation on mood, well-being, and response to a psychosocial stress in healthy adults: a randomized, double-blind, parallel group, clinical trial - Jackson et al. 2021, Frontiers in Nutrition

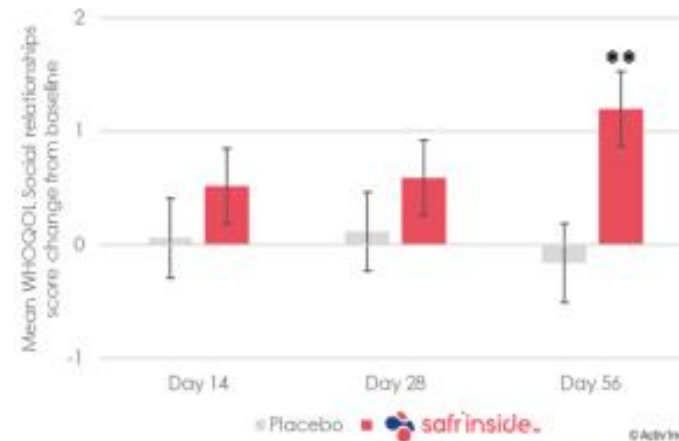
56 healthy individuals
 30mg /day vs placebo
 safr'inside.
 2 months

MOOD IMPROVEMENT



©Acty'inside
 Date represented as value change from baseline during a 2-month proprietary clinical study on healthy participants supplemented with 30mg/day of Safr'inside™.

RELATIONSHIPS IMPROVEMENT



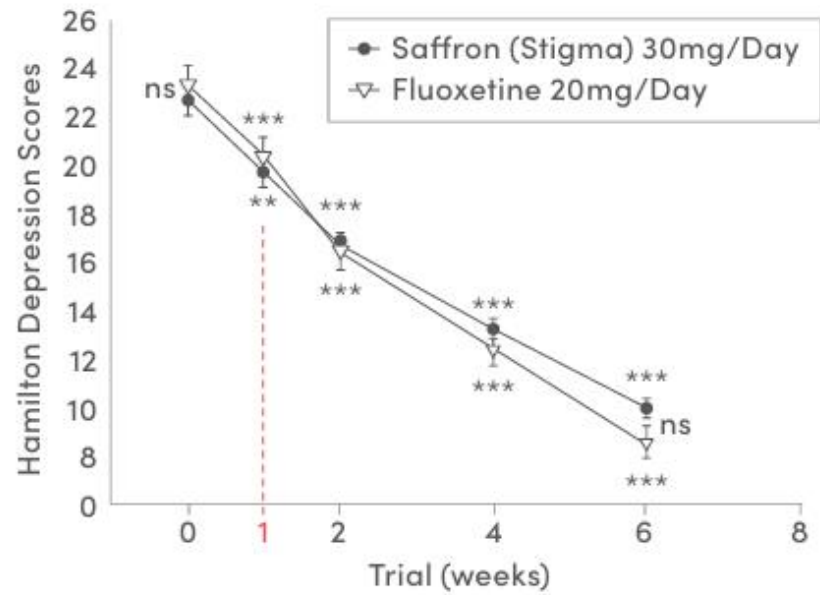
©Acty'inside
 WHOQOL - Social relationships scores evolution between baseline (Day 1) and the end of the study (Day 56).
 **, p<0,05.

Safr'inside™ significantly improves mood by reducing negative emotions. This efficacy is correlated with Safr'inside™ intake

Safr'inside™ improves social relationships scores compared to placebo

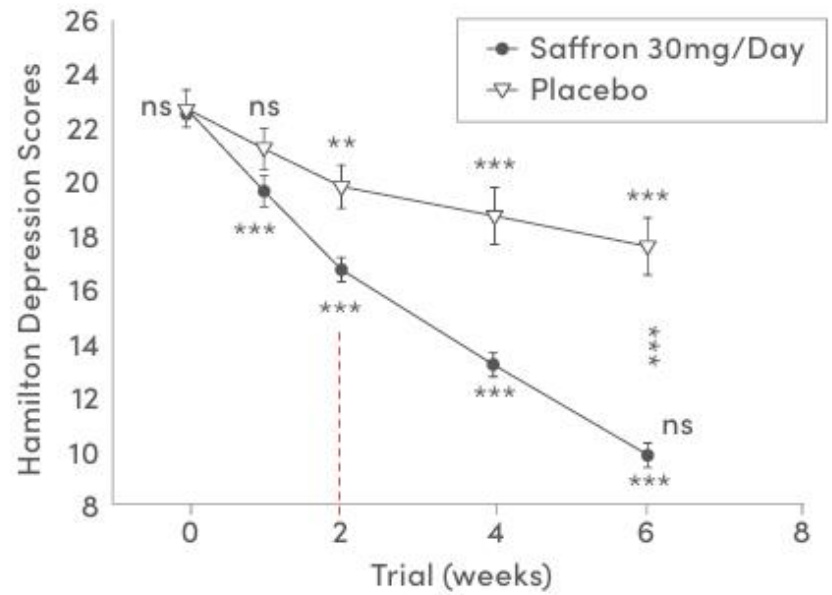
SSRI and placebo comparisons

Saffron provides the same effectiveness than well-known pharmaceutical drugs such as fluoxetine :



Hamilton Depression Rating Scale (HAM-D) scores of subjects supplemented with saffron or fluoxetine

Saffron significantly corrects mood swings when compared to placebo after 1 week:



HAM-D scores of subjects supplemented with saffron or placebo

SSRI use is associated with reduction of hot flushes and mood-related issues in Perimenopause such as anxiety. The Saffron is a great alternative, with other benefits.

Safr'inside™ Clinical Study – Acute Results on HRV

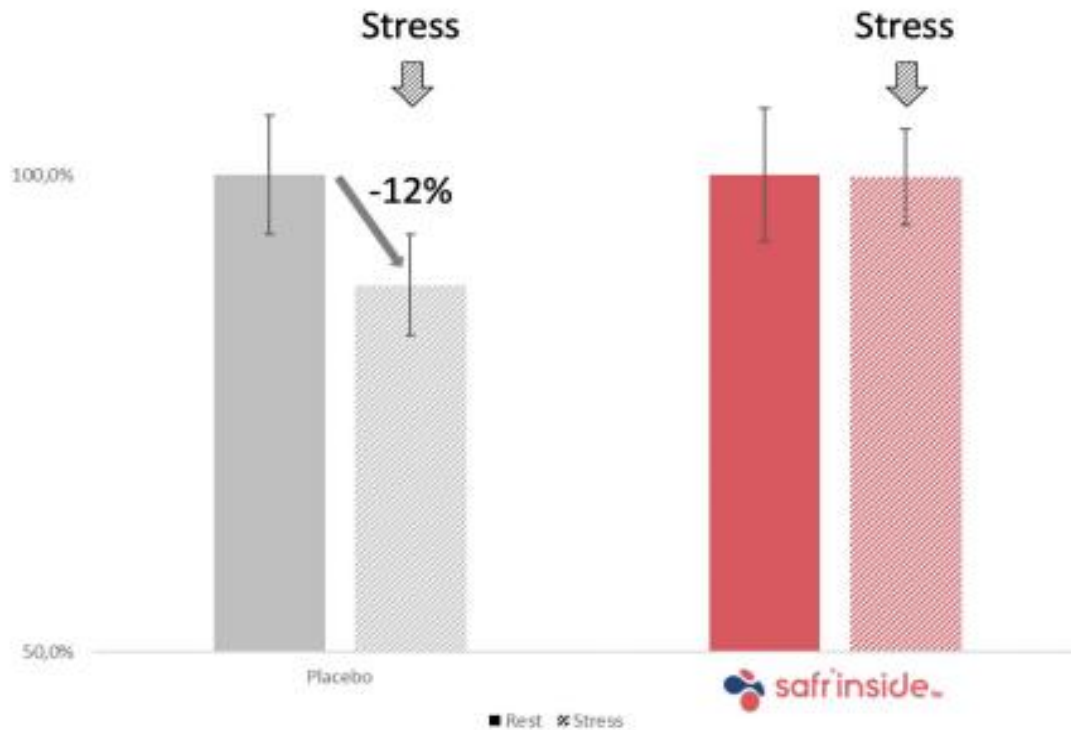
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 - Jackson et al. 2021, Frontiers in Nutrition



56 healthy individuals

30mg /day vs placebo
 safr'inside.

2 months



Mean Heart Rate Variability (HRV) in the placebo and Safr'inside™ groups, before and after the OMS (Observed Multitasking Stressor)

Within 30 minutes, Safr'inside™ allows the body to adapt to acute stress, as reflected in the HRV.

HRV is a measure of how the body reacts to stress, physical fatigue, and metabolic changes. It's generated by interactions between the heart and brain, as well as the autonomic nervous system.

Thank you for listening



If you have more questions about the brand and products, please come and speak to us at stand:

B10

For every practitioner account sign up, we are **gifting** a product (such as our Perimenopause Complex).