

Product Sheet Sincli

Product Description

Brand Name: Sincli

Active Ingredient: Cimicifuga Racemosa Extract (13 mg)

Presentation: Box of 30 tablets

Route of Administration: Oral

Dosage: 1 tablet, once daily

Therapeutic Indications

Sincli is indicated as an aid in the treatment of menopause-related symptoms such as:

- Hot flashes
- Excessive sweating
- Insomnia
- Nervousness
- Melancholy
- Vertigo
- Lack of concentration
- Joint pain
- Headache
- Palpitations

Target Audience

Sincli is suitable for women who:

- Seek alternatives to hormone therapy
- Cannot receive hormone therapy
- Prefer natural treatments
- Have a history of breast cancer

Mechanism of Action

The extract of Cimicifuga Racemosa works by binding to neurotransmitter receptors involved in temperature regulation and hormonal homeostasis, such as:

- Serotonin, dopamine, and norepinephrine receptors
- Opioid μ and GABA receptors

Efficacy

- **Symptom Reduction:** Sincli significantly reduces the severity of menopause symptoms compared to placebo after 12 weeks of treatment.
- **Quality of Life Improvement:** Increases perceived improvement in quality of life reported by patients, according to self-assessment using a visual analog scale (VAS).

Safety

- **Clinical Studies:** No hormonal effects have been observed, nor increases in endometrial thickness or hormonal parameters.
- **Body Weight:** Does not alter body weight in menopausal women.
- **Long-Term Safety:** Sincli has demonstrated long-term safety, with treatment in more than 42% of patients lasting over a year.

Complications

Sincli is not associated with an increased risk of breast cancer recurrence or estrogenic effects.

Additional Information

- **Natural Therapy:** Free from synthetic or natural hormones.
- **Number One in Switzerland:** Sincli is the number one treatment for menopause disorders in Switzerland.

Questions to Understand the Client's Profile:

- What are the main menopausal symptoms your patients experience?
- Do your patients prefer natural treatments or traditional hormonal therapies?
- How often do you treat patients with a history of breast cancer?
- What concerns do your patients express about hormonal treatments?
- What criteria do you use to select a treatment for menopause symptoms?
- How important is minimizing side effects in the treatments you prescribe?
- What feedback do you receive from your patients about their quality of life after starting a new treatment?
- What role do non-hormonal treatments play in your current practice?