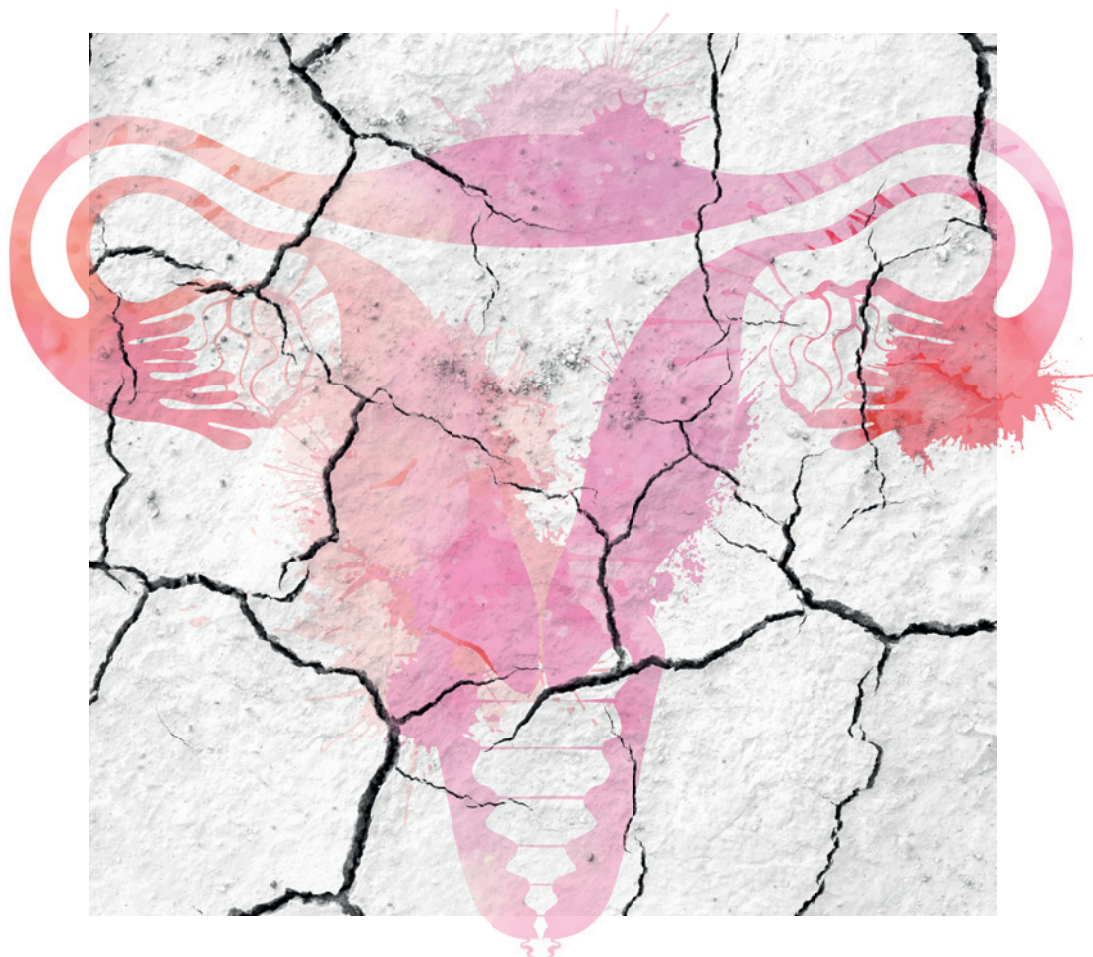


BRUDYGYNE DRY

Tridocosahexanoína-AOX®

CLINICAL CASES OF VAGINAL DRYNESS SUPPLEMENTED WITH DHA TRIGLYCERIDE



MEDICAL NUTRITION SPECIALISTS | BRUDYLAB®

BRUDYGYNE DRY®. Food supplement with Omega-3 fatty acids in triglyceride form (DHA 70%, EPA 8,5%, DPA 6%), Vitamins (A, C, E), Glutathione, Tyrosine, Cysteine, and Trace elements (Se, Mn, Zn, Cu)

Composition	In 1 cápsule	In 2 capsules	In 3 capsules	%RI*
Omega-3 fatty acids:				
Docosahexaenoic (22:6w3, DHA) (mg)	350	700	1.050	-
Eicosapentaenoic (20:5w3, EPA) (mg)	42,5	85	127	-
Docosapentaenoic (22:5w3, DPA) (mg)	30	60	90	-
Vitamins:				
Vitamin A (µg RE)	133,33	266,66	400	16,7-33-50
Vitamin C (mg)	26,7	53,4	80	33-66-100
Vitamin E (mg α-TE)	4	8	12	33-66-100
Other components:				
Tyrosine (mg)	10,8	21,6	32,5	-
Cysteine (mg)	5,83	11,66	17,5	-
Glutathione (mg)	2	4	6	-
Trace elements:				
Zinc (mg)	1,6	3,2	5	16,7-33-50
Copper (µg)	166	332	500	16,7-33-50
Manganese (mg)	0,33	0,66	1	16,7-33-50
Selenium (µg)	9,17	18,34	27,5	16,7-33-50

(*RI: Reference intake for 1-3 capsules)

Energy values

(kcal / kJ)	6 / 24	12 / 48	18 / 72
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Ingredients: Omega-3 fatty acids in concentrated **fish oil** (Tridocosahexanoína-AOX® as source of docosahexaenoic acid); Capsule: Gelatine; Stabilizer: Glycerin, Sorbitol Syrup; Emulsifier: Glyceryl Monostearate; Vitamin C (L-Ascorbic Acid); Coconut Oil; L-Tyrosine; **Soybean Oil**; Vitamin E (D-Alpha-Tocopherol); L-Cysteine (hydrochloride); Colour:

Iron Oxides and Hydroxides; Zinc Oxide; L-Glutathione; Manganese Sulfate; Cupric Sulfate; Vitamin A (Retinyl Palmitate); Sodium Selenite. **Gluten and dairy free.**

Nutritional and physiological effects: **BRUDYGYNE DRY®** has been conceived to supplement the daily needs of essential fatty acids from the Omega 3 family, and from the included group of vitamins, minerals and glutathione. Brudy has developed and patented a unique and exclusive source of docosahexaenoic acid (DHA): Tridocosahexanoína-AOX®. DHA is an omega-3 polyunsaturated fatty acid necessary for normal brain function; this benefit is obtained with the intake of 250 mg per day of DHA. DHA and eicosapentaenoic acid (EPA) are necessary for normal heart function; these benefits are obtained with the intake of 250 mg per day of DHA with EPA. Vitamin A contributes to maintaining the mucous membranes, such as the vaginal one, in normal conditions. Vitamins A and C, and minerals such as zinc, selenium and copper contribute to the normal function of the immune system. Vitamins C and E, and minerals such as Zinc, Selenium, Manganese and Copper contribute to the protection of cells against oxidative damage. Glutathione is a source of amino acids such as cysteine, glycine and glutamic acid, necessary for the own cellular synthesis of glutathione, offering antioxidant action.

Instructions for use: It is recommended a daily dose of 1 to 3 capsules per day, accompanied by a glass of water at meal times.

Warnings: Food supplements should not be used as a substitute for a varied and balanced diet. It is important to maintain a healthy lifestyle. Do not go over the recommended daily dose. Not recommended in case of hypersensitivity or allergy to any of the formulation constituents. In case of pregnancy and breastfeeding, check with your doctor before taking this product. **KEEP OUT OF THE REACH OF CHILDREN.**

Storage: Best if consumed before the end of the month printed on the container. Keep away from light and heat. Store in a dry place in its original packaging and temperature below 25 °C.

Text reviewed September 2022

The mechanisms of action of BRUDYGYNE DRY® in vaginal dryness

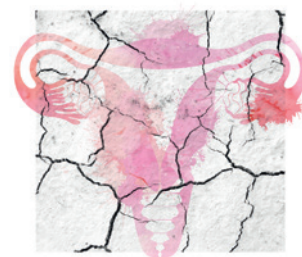
1 Studies in human cell cultures show that the incorporation of DHA in cell membranes **induces an increase in glutathione (GSH) synthesis** that increases cellular antioxidant protection¹. This is confirmed at the clinical level with an increase in the Total Antioxidant Capacity^{2,3,4,5} and a reduction in lipid peroxidation⁶ at the plasma level. GSH is the most important endogenously produced antioxidant protein of the mammalian cells.

2 At the clinical level, it has been shown that supplementation with DHA triglyceride **reduces the expression of circulating proinflammatory cytokines** in the blood and in tears.^{2,3,6,7,8} This aspect derives from the inhibitory effect that

DHA exerts on the activation of nuclear factor-κβ in leukocytes and endothelial cells, which hinders the synthesis of proinflammatory cytokines such as: IL-6, IL-1β, TNF-α, IL-10, VEGF, ...

3 When there is cell destruction for any reason, membrane DHA and EPA **give rise to prostaglandins of the anti-inflammatory E3 series.**⁹

4 It is the set of these antioxidant and anti-inflammatory activities of the DHA triglyceride, together with the healthy properties of the vitamins and minerals, which favors the **improvement of vaginal homeostasis.**



CLINICAL CASES OF VAGINAL DRYNESS SUPPLEMENTED WITH DHA TRIGLYCERIDE

This monograph presents the results of a series of 10 clinical cases of patients suffering a Genitourinary Syndrome of Menopause with vaginal dryness, in which Dr. Mila Martínez Medina, a gynecologist at the Hospital General de Catalunya, assesses the evolution of the patients after having undergone a period of supplementation with BRUDYGYNE DRY® capsules.

Material & Methods

All patients have been diagnosed with vaginal dryness, and all of them are supplemented with BRUDYGYNE DRY® at a dose of 3 capsules/day for 3 months. Each case consists of an initial assessment/examination and a new final assessment/examination after a 3-month supplementation period.

Aspects that are evaluated

0. Identification, age and sociodemographic data of the patient.
1. Anthropometric characteristics: weight, height, BMI.
2. Personal history: smoking, previous oncological pathologies, etc.
3. Gynecological history: TPAL (term births, premature births, abortions, and alive), start date of menopause, and if there is pelvic organ prolapse (POP), ...
4. Treatments previously received: moisturizers, local estrogen therapy (LET), Menopausal hormone therapy (MHT).
5. Symptoms: As for: dryness, itching, dyspareunia, burning, leucorrhoea, dysuria.
6. Bachmann vaginal health index, baseline assessment, and final assessment.
7. Degree of satisfaction (according to Likert scale).

Bachmann Vaginal Health Index

Sum of scores; the lower score corresponds to a higher degree of vulvovaginal atrophy.

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin white	Moderate, thin white	Normal
pH	> 6,1	5,6 - 6,0	5,1 - 5,5	4,7 - 5,0	< 4,6
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

Obtained: Bachmann G. Urogenital ageing: an old problem newly recognized. Maturitas. 1995 Dec; 22 Suppl:S1-S5.

Results presentation

1. Aspects 1 to 5 of each clinical case are presented in a first table.
2. Next, 2 tables are presented with the initial and final results of vaginal health test and Bachmann index.
3. Finally, a table is presented with the assessment of the degree of satisfaction obtained by the patient (using a Likert assessment scale).

CLINICAL CASE 1 ►

Age: 61
University studies, sexually active

Anthropometric data	Weight (kg)	64
	Height (cm)	165
	BMI (Kg/m ²)	23,5
Personal history	Smoking habits	No
	Previous oncological pathologies	None
Gynecological history	TPAL	2-0-0-2
	Menopause start date	51
	Pelvic organ prolapse	No
Previous treatments		Moisturizers
Present symptoms	Dryness	Yes
	Itching	
	Dyspareunia	Yes
	Burning	
	Leucorrhoea	
	Dysuria	

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	8				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 11

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	6,5				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 13

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
	2					

CLINICAL CASE 2 ►

Age: 59
University studies, sexually active

Anthropometric data	Weight (kg)	67
	Height (cm)	160
	BMI (Kg/m ²)	26,2
Personal history	Smoking habits	7/day
	Previous oncological pathologies	None
Gynecological history	TPAL	2-0-0-2
	Menopause start date	49
	Pelvic organ prolapse	Yes
Previous treatments		LET, Moisturizers
Present symptoms	Dryness	Yes
	Itching	
	Dyspareunia	Yes
	Burning	Yes
	Leucorrhoea	
	Dysuria	Yes

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	6,5				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa inflamed	Minimal	Moderate	Normal

INDEX SCORE: 12

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH			5,5		
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 15

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
		3				

CLINICAL CASE 3 ►

Age: 62
University studies, not sexually active

Anthropometric data	Weight (kg)	58
	Height (cm)	156
	BMI (Kg/m ²)	23,8
Personal history	Smoking habits	No
	Previous oncological pathologies	None
Gynecological history	TPAL	3-0-0-3
	Menopause start date	52
	Pelvic organ prolapse	No
Previous treatments		Moisturizers
Present symptoms	Dryness Itching Dyspareunia Burning Leucorrhoea Dysuria	Yes

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	7,7				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 13

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	6				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 16

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
		3				

CLINICAL CASE 4 ►

Age: 65

Professional training studies, sexually active

Anthropometric data	Weight (kg)	79
	Height (cm)	163
	BMI (Kg/m ²)	29,7
Personal history	Smoking habits	No
	Previous oncological pathologies	None
	Arterial hypertension	Yes
Gynecological history	TPAL	2-0-0-2
	Menopause start date	54
	Pelvic organ prolapse	No
Previous treatments		LET
Present symptoms	Dryness	Yes
	Itching	
	Dyspareunia	Yes
	Burning	
	Leucorrhoea	
	Dysuria	Yes

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	7,2				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa inflamed	Minimal	Moderate	Normal

INDEX SCORE: 13

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	6				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 16

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
	2					

CLINICAL CASE 5 ►

Age: 55
Secondary studies, sexually active

Anthropometric data	Weight (kg)	74
	Height (cm)	166
	BMI (Kg/m2)	26,9
Personal history	Smoking habits	5/day
	Previous oncological pathologies	None
Gynecological history	TPAL	2-0-0-2
	Menopause start date	51
	Pelvic organ prolapse	No
Previous treatments	Moisturizers	
Present symptoms	Dryness	Yes
	Itching	Yes
	Dyspareunia	Yes
	Burning	Yes
	Leucorrhoea	
	Dysuria	

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	8,1				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 8

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH		6			
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 15

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
	2					

CLINICAL CASE 6 ►

Age: 58
University studies, sexually active

Anthropometric data	Weight (kg)	82
	Height (cm)	156
	BMI (Kg/m ²)	33,7
Personal history	Smoking habits	5/day
	Previous oncological pathologies	None
	Arterial hypertension	Yes
Gynecological history	TPAL	2-0-0-2
	Menopause start date	52
	Pelvic organ prolapse	Yes
Previous treatments		Moisturizers
Present symptoms	Dryness	Yes
	Itching	Yes
	Dyspareunia	Yes
	Burning	
	Leucorrhoea	
	Dysuria	

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH		5,6			
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa inflamed	Minimal	Moderate	Normal

INDEX SCORE: 14

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH					4,5
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 18

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
3						

CLINICAL CASE 7 ►

Age: 58
Secondary studies, sexually active

Anthropometric data	Weight (kg)	79
	Height (cm)	162
	BMI (Kg/m2)	30,1
Personal history	Smoking habits (>10 cigarettes/day)	No
	Previous oncological pathologies	None
	Depression	Yes
Gynecological history	TPAL	1-0-0-1
	Menopause start date	54
	Pelvic organ prolapse	No
Previous treatments		LET / Moisturizers
Present symptoms	Dryness	Yes
	Itching	
	Dyspareunia	Yes
	Burning	Yes
	Leucorrhoea	
	Dysuria	

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin white	Moderate, thin white	Normal
pH	6,8				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa inflamed	Minimal	Moderate	Normal

INDEX SCORE: 12

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin white	Moderate, thin white	Normal
pH			5		
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 18

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
1						

CLINICAL CASE 8 ►

Age: 55
University studies, sexually active

Anthropometric data	Weight (kg)	68
	Height (cm)	163
	BMI (Kg/m ²)	25,6
Personal history	Smoking habits	No
	Previous oncological pathologies	None
Gynecological history	TPAL	1-0-0-1
	Menopause start date	46
	Pelvic organ prolapse	No
Previous treatments		MHT until 50 years / Moisturizers
Present symptoms	Dryness	Yes
	Itching	
	Dyspareunia	Yes
	Burning	
	Leucorrhoea	
	Dysuria	

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin white	Moderate, thin white	Normal
pH	6,5				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 10

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin white	Moderate, thin white	Normal
pH				4,8	
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 16

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
	2					

CLINICAL CASE 9 ►

Age: 53
University studies, sexually active

Anthropometric data	Weight (kg)	60
	Height (cm)	169
	BMI (Kg/m2)	21
Personal history	Smoking habits	No
	Previous oncological pathologies	None
Gynecological history	TPAL	0-0-0-0
	Menopause start date	49
	Pelvic organ prolapse	No
Previous treatments		Moisturizers
Present symptoms	Dryness	Yes
	Itching	Yes
	Dyspareunia	Yes
	Burning	
	Leucorrhoea	
	Dysuria	

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin white	Moderate, thin white	Normal
pH	7,4				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 9

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin white	Moderate, thin white	Normal
pH			5,5		
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

INDEX SCORE: 15

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
	2					

CLINICAL CASE 10 ►

Age: 64

Primary studies, sexually active

Anthropometric data	Weight (kg)	71
	Height (cm)	162
	BMI (Kg/m ²)	27,1
Personal history	Smoking habits	No
	Previous oncological pathologies	None
	Type 2 Diabetes	Yes
Gynecological history	TPAL	2-0-0-2
	Menopause start date	?
	Pelvic organ prolapse	Yes
Previous treatments		Moisturizers / LET
Present symptoms	Dryness	Yes
	Itching	Yes
	Dyspareunia	Yes
	Burning	
	Leucorrhoea	
	Dysuria	Yes

BASAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	8,6				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa inflamed	Minimal	Moderate	Normal

INDEX SCORE: 9

FINAL BACHMANN TEST

SCORE	1	2	3	4	5
Overall Elasticity	None	Poor	Fair	Good	Excellent
Fluid secretion	None	Scant, thin yellow	Superficial, thin wite	Moderate, thin wite	Normal
pH	5,7				
Epithelial mucosa	Spontaneous Petechiae	Bleeds with light contact	Bleeds with scraping	Not friable, thin mucosa	Not friable, normal mucosa
Moisture	None, mucosa inflamed	None, mucosa not inflamed	Minimal	Moderate	Normal

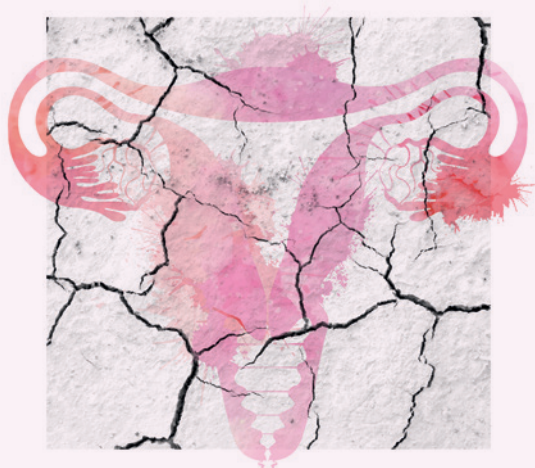
INDEX SCORE: 15

DEGREE OF SATISFACTION (LIKERT SCALE)

Much improved	Improved	Minimally improved	Without changes	Something worse	Much worse	A lot much worse
2						

GLOBAL RESULTS

Average age	59 years (53-65)
Sexually active	90%
BMI	Normal: 30% Overweight: 50% Obesity: 20%
Smoking < 10c/day	30%
Parity	Multiparous: 90% Nulliparous: 10%
Pelvic Organ Prolapse	30%
Average age of menopause	50,8 years (46-54)
Previous treatments	Moiturizers: 100% LET: 40% MHT: 10%
Symptoms	Dryness: 100% Itching: 40% Burning: 30% Dysuria: 30% Leucorrhoea: 0% Dyspareunia: 90%
Bachmann Index	Basal: 11,1 After 12 weeks: 15,6
pH	Basal: 7,24 After 12 weeks: 5,55
Degree of satisfaction	Much improved: 10% Improved: 60% Minimally improved: 30%



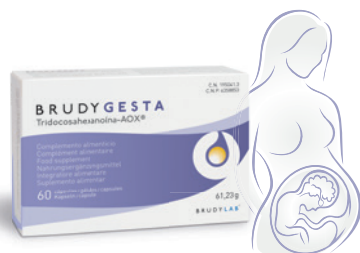


BRUDYGYNE DRY

Tridocosahexanoína-AOX®

COMPOSITION	1 cap.	3 cap.	%RI*
Oil concentrated in Omega-3 fatty acids			
22:6ω3, DHA (mg)	350	1050	-
20:5ω3, EPA (mg)	42,5	127	-
22:5ω3, DPA (mg)	30	90	-
Vitamins			
Vitamin A (μg RE)	133,33	400	16,7-50
Vitamin C (mg)	26,7	80	33-100
Vitamin E (mg α-TE)	4	12	33-100
Other components			
Tyrosine (mg)	10,8	32,5	-
Cysteine (mg)	5,83	17,5	-
Glutathione (mg)	2	6	-
Trace elements			
Zinc (mg)	1,6	5	16,7-50
Copper (μg)	166	500	16,7-50
Manganese (mg)	0,33	1	16,7-50
Selenium (μg)	9,17	27,5	16,7-50

3 capsules/day = 1050 mg DHA



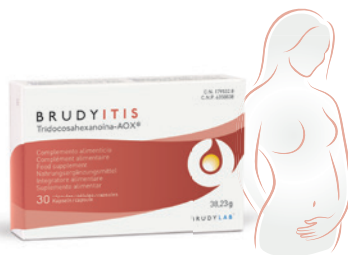
BRUDYGESTA

Tridocosahexanoína-AOX®

COMPOSITION	1 cap.	2 cap.	%RI*
Oil concentrated in Omega-3 fatty acids			
22:6ω3, DHA (mg)	250	500	-
20:5ω3, EPA (mg)	30,6	61,2	-
22:5ω3, DPA (mg)	21,6	43,2	-
Vitamins			
Vitamin D3;			
Colecalciferol (μg)	7,5	15	150-300
Vitamin B6; Pyridoxal 5			
Phosphate (mg)	0,7	0,14	50-100
Vitamin B9;			
L-Methylfolate (μg)	200	400	100-200
Vitamin B12;			
Methylcobalamin (μg)	1,25	2,50	50-100
Minerals			
Fe (mg)	7	14	50-100
I (μg)	75	150	50-100
Zn (mg)	2,5	5	25-50

2 capsules/day = 500 mg DHA

*RI: Reference Intake



BRUDYITIS

Tridocosahexanoína-AOX®

COMPOSITION	1 cap.	2 cap.	%RI*
Oil concentrated in Omega-3 fatty acids			
22:6ω3, DHA (mg)	500	1000	-
20:5ω3, EPA (mg)	61	122	-
22:5ω3, DPA (mg)	42	84	-
Minerals			
Zinc (mg)	5	10	50-100
Selenium (μg)	27,5	55	50-100
Copper (μg)	500	1000	50-100
Manganese (mg)	1	2	50-100
Other components			
Glutathione (mg)	5	10	-

Active phase:

2 capsules/day = 1000 mg DHA

Remission phase:

1 capsule/day = 500 mg DHA



BRUDYLACTANCIA

Tridocosahexanoína-AOX®

COMPOSITION	1 cap.	2 cap.	%RI*
Oil concentrated in Omega-3 fatty acids			
22:6ω3, DHA (mg)	250	500	-
20:5ω3, EPA (mg)	30,6	61,2	-
22:5ω3, DPA (mg)	21,6	43,2	-
Vitamins			
Vitamin C (mg)	40	80	50-100
Vitamin E (mg-α-TE)	6	12	50-100
Vitamin A (μg)	400	800	50-100
Vitamin D (μg)	2,5	5	50-100
Vitamin B1 (mg)	0,55	1,1	50-100
Vitamin B2 (mg)	0,7	1,4	50-100
Vitamin B3 (mg-NE)	8	16	50-100
Vitamin B5 (mg)	3	6	50-100
Vitamin B6 (mg)	0,7	1,4	50-100
Vitamin B8 (μg)	25	50	50-100
Vitamin B9 (μg)	100	200	50-100
Vitamin B12 (μg)	1,25	2,5	50-100
Minerals			
Cu (μg)	500	1000	50-100
Fe (mg)	7	14	50-100
Zn (mg)	5	10	50-100
Se (μg)	27,5	55	50-100
Mn (mg)	1	2	50-100
Mg (mg)	57	114	15-30
I (μg)	75	150	50-100
Ca (mg)	120	240	15-30

1 to 2 capsules/day = 250 to 500 mg DHA



BRUDYFERTIL-AOX®

Tridocosahexanoína

COMPOSITION	1 cap.	3 cap.	%RI*
Oil concentrated in Omega-3 fatty acids			
22:6ω3, DHA (mg)	350	1050	-
20:5ω3, EPA (mg)	42,5	127	-
22:5ω3, DPA (mg)	30	90	-
Vitamins			
Vitamin B1 (mg)	0,37	1,1	33-100
Vitamin B2 (mg)	0,47	1,4	33-100
Vitamin B3 (mg-NE)	5,3	16	33-100
Vitamin B6 (mg)	0,47	1,4	33-100
Vitamin B9 (μg)	66,7	200	33-100
Vitamin B12 (μg)	0,83	2,5	33-100
Vitamin C (mg)	26,7	80	33-100
Vitamin E (mg α-TE)	4	12	33-100
Minerals			
Zinc (mg)	1,66	5	16,7-50
Copper (μg)	166	500	16,7-50
Selenium (μg)	9,16	27,5	16,7-50
Manganese (mg)	0,33	1	16,7-50
Other components			
Lutein (mg)	3	9	-
Zeaxanthin (mg)	0,3	0,9	-
Glutathione (mg)	2	6	-

3 capsules/day = 1050 mg DHA

**A DHA
Triglyceride
Dietary Support
for Women's
Gynecological
Health**



A DHA Triglyceride Dietary Support for Women's Gynecological Health



BRUDYFERTIL-AOX®
Tridocosahexanoína



BRUDYITIS
Tridocosahexanoína-AOX®



BRUDYGYNE DRY
Tridocosahexanoína-AOX®



BRUDYGESTA
Tridocosahexanoína-AOX®

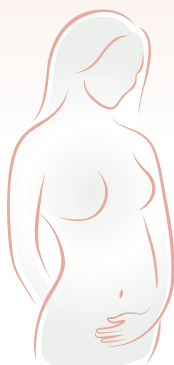


BRUDYLACTANCIA
Tridocosahexanoína-AOX®

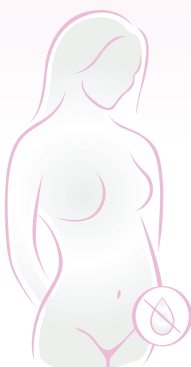
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fertility and
conception**



**Mitigate the
discomfort
derived from
gynecological
inflammation**



**Alleviate
vaginal
dryness**



**For a
healthier
pregnancy**



**Enriching
breastfeeding**



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