EVA360™

Supporting women through life's transitions

Version 2.0

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Summary

1. Introduction

Women's quality of life is influenced by many factors beyond biological markers alone. Physical comfort, emotional stability, and the ability to carry out daily activities effectively are all closely connected to it. Across the lifespan, women naturally undergo physiological changes, including shifts in hormonal patterns, that may shape these broader dimensions of well-being. As these changes are part of normal female physiology, women's needs may evolve across different life stages, underscoring the importance of supportive approaches centered on overall well-being and quality of life.[1,2]

In this context, many women are seeking options that better match their individual needs, preferences, and daily routines. Interest in botanical ingredients for women's health and wellness continues to grow, along with the demand for clear, trustworthy, and stage-appropriate information. *Asparagus racemosus* Willd., traditionally known as shatavari, is a phytochemically rich botanical with a long history of use in women's health and increasing scientific interest in various aspects of female well-being, including reproductive and lactation-related areas. At the same time, outcomes linked to botanical ingredients should be interpreted carefully, as they can vary depending on the botanical source, extract standardization, formulation, dose, and the strength of the supporting evidence. [3,4,5,6,7,8,9]

EVA360™ is a patented ingredient, designed to support women's well-being during hormonally dynamic life stages. Developed through a unique, proprietary process, it offers more consistent and reliable options than traditional shatavari ingredients.

This brochure discusses the importance of women's overall well-being, the need to standardize botanical extracts, and the role of **EVA360™** as a science-based ingredient for food supplement applications that support women's health during hormonal transitions.

2. Women's Hormonal Journey Across Life Stages

Across a woman's life, hormonal transitions are accompanied by changes that extend beyond physiology alone. During the reproductive years, hormonal fluctuations are a normal part of female physiology and can affect physical comfort, emotional well-being, social interactions, and daily life. For some women, conditions like polyendocrine metabolic ovarian syndrome (PMOS)* can add extra challenges during this stage, highlighting the broader connection between hormonal health and quality of life. Evidence also shows that menstrual experiences can impact work, school, relationships, and overall well-being, and access to information and support can further influence how this stage is experienced. [10,11]

Midlife brings another major transition, as perimenopause is characterized by changing ovarian activity and significant hormonal fluctuations. This phase may start years before menopause and, for some women, can last over an extended period. Experiences during this time vary greatly, and changes in well-being and quality of life may also be affected by factors such as sleep, stress, mood, and broader life circumstances.[12,13,14]

Menopause signifies a distinct stage in the female hormonal journey, representing more than just the end of menstruation. It indicates a wider physiological transition that can influence quality of life in multiple ways, including physical functioning, emotional health, social interactions, and the overall experience of aging. Women may spend a large part of their lives in the postmenopausal phase, making long-term well-being particularly important. In this context, other health factors such as body composition and cardiometabolic health should also be considered to support healthy aging. [14,15]

Given that women's quality of life may be influenced by hormonal changes throughout life, it is important to support women's well-being on this journey with science-based approaches that take individual needs into

* PMOS is the updated name for the condition formerly known as PCOS. Some published studies may still refer to PCOS while terminology is being adopted.

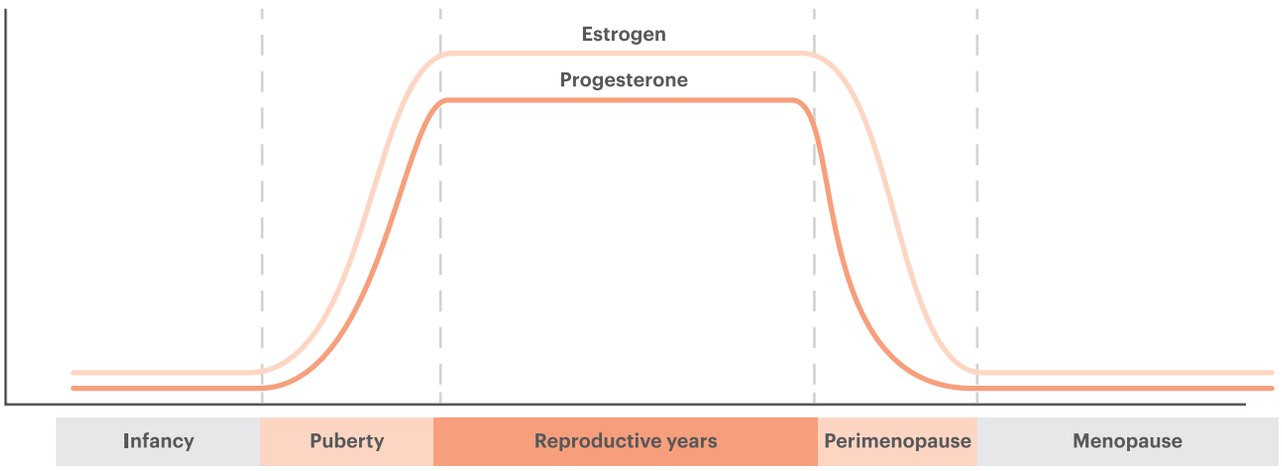


Figure 1. General pattern of hormonal changes across female life stages.

3. EVA360™

EVA360™ is a patented ingredient derived from *A. racemosus* root and produced through a proprietary extraction process designed to obtain a differentiated chemical composition. Standardized to contain at least 6% total shatavarins, it represents a more defined botanical option than conventional shatavari extracts. The ingredient is supported by technical documentation and manufactured in accordance with recognized food safety standards, including FSSC 22000.

Its composition has been investigated using nuclear magnetic resonance (NMR), mass spectrometry, and high-performance liquid chromatography (HPLC). This phytochemical investigation led to the identification of LI58129, a constituent associated with **EVA360™**'s differentiated composition. In an *in vitro* estrogen receptor activation assay, LI58129 contributed around 60% of the observed activity**, supporting its relevance within the extract. Clinical research at 200 mg/day further supports **EVA360™** as a scientifically characterized botanical ingredient for women's well-being across different life stages.

3.1 *Asparagus racemosus* in women's health

A. racemosus, commonly known as shatavari, has a long history in Ayurveda, especially for promoting women's health and well-being, and is also described in the Ayurvedic Pharmacopeia of India.[16] Interest in the plant has grown beyond its traditional use because its roots contain a complex mix of bioactive compounds, including steroidal saponins like shatavarins, as well as polyphenols, flavonoids, and other phytochemicals. However, shatavari still faces significant challenges when used as an ingredient, including compositional variability across plant parts and extract types, natural variation in key marker compounds such as shatavarin IV, and the need for standardized, well-characterized formats for consistent use in food supplements. Recent advances in phytochemical research, marker-based standardization, and nutraceutical development are helping to overcome these limitations and have laid the groundwork for better-defined *Asparagus racemosus* ingredients such as **EVA360™.**[17,18,19,20]

3.2 The science behind EVA360™

EVA360™ has been clinically evaluated in perimenopausal women, supporting its relevance for women's well-being across different life stages. In a 120-day randomized, double-blind, placebo-controlled study (n=49), daily intake of 200 mg of a standardized *A. racemosus* root extract showed greater improvements than placebo on validated measures of menopause well-being.[21]

These outcomes included the Menopause Rating Scale (MRS), a validated tool that assesses somatic, psychological, and urogenital aspects of menopausal health; the Hot Flash Weekly Weighted Score (HFWWS), a validated measure of weekly hot flash burden; and the Menstrual Symptoms Questionnaire (MSQ). Over 120 days, women taking **EVA360™** showed greater im-

**Based on supplier-provided technical data from an *in vitro* estrogen receptor activation assay. Published peer-reviewed data specifically confirming this finding were not available at the time of preparation of this material.

provements than those on placebo in the total MRS score, HFWWS, and self-perceived skin and hair quality. Secondary findings also included lower follicle-stimulating hormone (FSH) and luteinizing hormone (LH), two pituitary hormones involved in ovarian signaling that tend to become more variable during perimenopause, along with higher anti-Müllerian hormone (AMH)*** and a higher follicle count at the end of the study (Figures 2 and 3). Although these biomarker findings should be interpreted with caution, they align with a more favorable hormonal and ovarian profile during transition.[21]

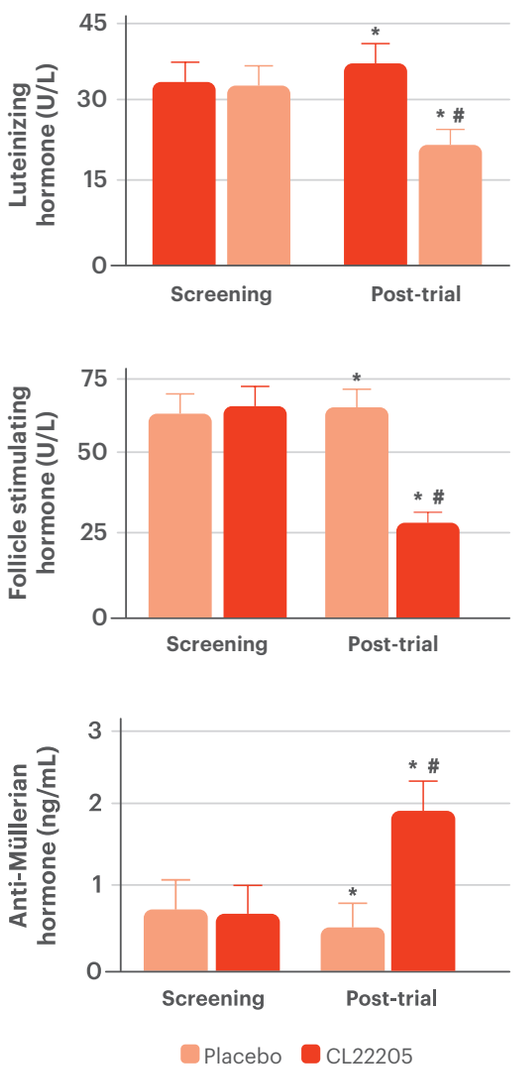


Figure 2. Daily supplementation with 200 mg of CL22205 (EVA360™) for 120 days resulted in lower LH and FSH levels and higher AMH levels compared to placebo in perimenopausal women. Statistical significance: *p < 0.05 vs. baseline; # p < 0.05 vs placebo. Adapted.[21]

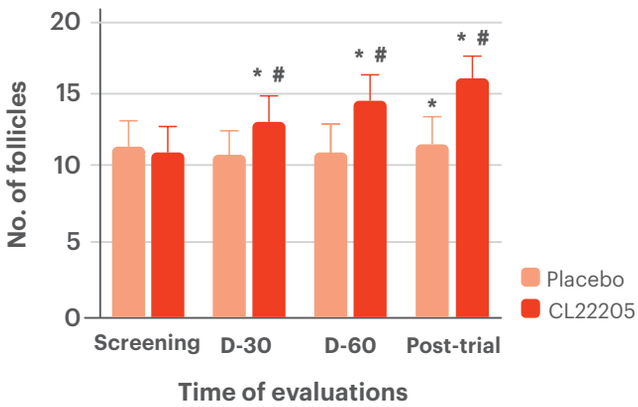


Figure 3. Daily supplementation with 200 mg of CL22205 (EVA360™) for 120 days supported a progressive increase in ovarian follicle count versus placebo in perimenopausal women. Statistical significance: *p < 0.05 vs. baseline; #p < 0.05 vs. placebo. Adapted.[21]

Besides perimenopausal women, **EVA360™** has also been clinically tested in women with PMOS. In an 84-day randomized, double-blind, placebo-controlled study (n=59), daily supplementation with 200 mg of a standardized *A. racemosus* root extract was associated with improvements compared to placebo in ovarian morphology, androgen-related clinical signs, and insulin sensitivity.[22]

Throughout the study period, women receiving **EVA360™** experienced reductions in average ovarian volume, cyst size, and follicle count, three parameters directly related to the ovarian morphology parameters associated with PMOS. The study also found significant improvements in hirsutism and acne severity, two visible clinical signs commonly associated with androgen imbalance. At the same time, positive changes were observed in selected endocrine and metabolic markers, including increased sex hormone-binding globulin (SHBG), lower total testosterone, a decreased luteinizing hormone-to-follicle-stimulating hormone ratio (LH: FSH), and improved Homeostatic Model Assessment for Insulin Resistance (HOMA-IR).[22]

These clinical findings are supported by a broader scientific background on *A. racemosus*, which has been extensively studied for various biological activities. In a targeted mechanistic study, Shatavarin IV, a key steroidal saponin from the plant, reduced ROS-related damage and supported steroidogenic gene expression in rat granulosa cells exposed to oxidative stress. In parallel, preclinical research in ovariectomized rats, a common model for studying estrogen decline associated with menopause, demonstrated that *A. racemosus* root extract helped mitigate OVX-induced decreases in

***Anti-Müllerian Hormone (AMH) is a protein hormone produced by small follicles in the ovaries of females and by the testes in males. It plays a critical role in sex differentiation during fetal development and serves as a key biomarker for ovarian reserve in adult women.[21]

brain-derived neurotrophic factor (BDNF) and estrogen receptor expression in the frontal cortex and hippocampus. Together, these findings support the involvement of estrogen-responsive pathways associated with neuronal plasticity during hormonal decline. Clinical data in lactating women have also shown positive effects on prolactin levels and breastfeeding-related outcomes, providing additional human evidence of the plant's role in women's health. More recent clinical studies with standardized Shatavari root extracts have also examined sexual wellness, broadening the clinical context around this botanical.[23,24,25,26,27,28]

Overall, these findings position **EVA360™** as a scientifically studied botanical ingredient with a broader profile in women's well-being. Improvements in validated measures of menopausal health, self-assessed skin and hair quality, visible androgen-related signs, and select hormonal, ovarian, and metabolic parameters support its broader relevance across hormonally dynamic life stages. This clinical evidence is complemented by a wider scientific background on *A. racemosus*, including preclinical research on oxidative stress, steroidogenic pathways, and estrogen-responsive signaling.

3.3 Prescribing with EVA360™

EVA360™ offers a clinically studied, evidence-based approach to daily oral supplementation. In the perimenopause clinical study, the standardized extract was given at 200 mg once daily in capsule form. This low-dose regimen provides a practical and formulation-relevant reference for product positioning while remaining consistent with the protocol tested in women during hormonal transition.

Suggested use (evidence-aligned):

- *Dose: 200 mg daily, based on clinical study results.*
- *Format options: Capsules, powders, gummies, chocolate troches, and tablets can be chosen based on patient preference and compliance needs.*

3.4 Compounding with EVA360™

Supplied as a powder with a bulk density of not less than 0.40 g/mL, **EVA360™** offers formulation flexibility across a wide range of oral dosage forms, including capsules, tablets, powders, sachets, gummies, bars, and chocolate troches. **EVA360™** should be stored at or below 25 °C in a tightly closed container, protected from heat, moisture, light, and air, to preserve product quality during handling and compounding.

Suggested Formulas

EVA360™ in capsules	
Ingredient	**Quantity**
EVA360™	200 mg
DiluCap™ Hygro	qs 1 capsule (HPMC capsule)

Posology: Take 1 capsule once daily.

Women's reproductive health support	
Ingredient	**Quantity (1 serving size dose = 2 capsules)**
EVA360™	200 mg
Vitamin C (ascorbic acid)	100 mg
Vitamin E (alpha-tocopherol)	50 mg
Iron chelated (iron bisglycinate)	10 mg
Inositol	30 mg
Zinc (zinc bisglycinate or zinc picolinate)	15 mg
Selenium (L-selenomethionine, selenium yeast)	50 mcg

Ingredient	Quantity (1 serving size dose = 2 capsules)
Manganese (manganese glycine or manganese citrate)	2.5 mg
Vitamin B6 (pyridoxal-5-phosphate or pyridoxine hydrochloride)	5 mg
Vitamin D3 (cholecalciferol)	10 mcg
Iodine (potassium iodine)	150 mcg
Folic acid	400 mcg
Vitamin B12 (methylcobalamin)	50 mcg
Excipient (DiluCap™ Hygro), q.s. ad	1dose (HPMC capsule)

Posology: Take 1 dose once daily.

Claim Pathway for the finished formulation[29,30]

Authorized Claim (Zinc): "Zinc contributes to normal fertility and reproduction."[29,30]
Authorized Claim (Vitamin B6): "Vitamin B6 contributes to the regulation of hormonal activity."[29,30]
Authorized Claim (Folic Acid): "Supplemental folic acid intake increases maternal folate status."[29,30]
Authorized Claim (Iodine): "Iodine contributes to the normal production of thyroid hormones and normal thyroid function."[29,30]
Authorized Claim (Vitamin C): "Vitamin C increases iron absorption."[29,30]
Authorized Claim (Vitamin E): "Vitamin E contributes to the protection of cells from oxidative stress."[29,30]
Authorized Claim (Manganese): "Manganese contributes to the protection of cells from oxidative stress."[29,30]
Authorized Claim (Vitamin D): "Vitamin D has a role in the process of cell division."[29,30]
Authorized Claim (Vitamin B12): "Vitamin B12 has a role in the process of cell division."[29,30]

Women's ovarian health support in PMOS	
Ingredient	**Quantity (1 serving size dose = 2 capsules)**
EVA360™	200 mg
UbiQsome® (coenzyme Q10 phytosome)	100 mg
Vitamin B6 (pyridoxal-5-phosphate or pyridoxine hydrochloride)	5 mg
Selenium (L-selenomethionine, selenium yeast)	100 mcg
Vitamin D3 (cholecalciferol)	50 mcg
Magnesium (magnesium bisglycinate or magnesium citrate)	100 mg
Excipient (DiluCap™ Hygro), q.s. ad	1 dose (HPMC capsule)
Posology: Take 1 dose daily.	

Claim Pathway for the finished formulation[29,30]

Authorized Claim (Vitamin B6): "Vitamin B6 contributes to the regulation of hormonal activity."[29,30]
Authorized Claim (Selenium): "Selenium contributes to normal thyroid function."[29,30]
Authorized Claim (Selenium): "Selenium contributes to the protection of cells from oxidative stress."[29,30]
Authorized Claim (Vitamin D): "Vitamin D has a role in the process of cell division."[29,30]

Women's ovarian health support in PMOS (sachet)[31,32,33]	
Ingredient	**Quantity**
EVA360™	200 mg
MyoQuiron™ (myo-inositol plus D-chiro-inositol isomers blend)	1025 mg
Magnesium (magnesium bisglycinate or magnesium citrate)	300 mg
Pyridoxine hydrochloride	5 mg
Flavored excipient, q.s. ad	1 sachet
Posology: Take 1 dose daily.	

Claim Pathway for the finished formulation[29,30]

Authorized Claim (Vitamin B6): "Vitamin B6 contributes to the regulation of hormonal activity."[29,30]
Authorized Claim (Magnesium): "Magnesium contributes to a reduction of tiredness and fatigue."[29,30]

Women's health support during perimenopause	
Ingredient	**Quantity (1 serving size dose = 2 capsules)**
EVA360™	200 mg
Vitamin E (alpha-tocopherol)	50 IU
Vitamin D3 (cholecalciferol)	50 mcg
Magnesium (magnesium bisglycinate or magnesium citrate)	100 mg
Vitamin B6 (pyridoxal-5-phosphate or pyridoxine hydrochloride)	5 mg
Pantothenic acid (calcium pantothenate)	12 mg
Vitamin B12 (methylcobalamin)	25 mcg
Vitamin B2 (riboflavin)	2.5 mg
Vitamin B3 (niacinamide)	36 mg
Folate (L-5-methylfolate)	800 mcg
Excipient (DiluCap™ Hygro), q.s. ad	1 dose (HPMC capsule)

Posology: Take 1 dose daily.

Claim Pathway for the finished formulation[29,30]

Authorized Claim (Vitamin E): "Vitamin E contributes to the protection of cells from oxidative stress."[29,30]
Authorized Claim (Vitamin B6): "Vitamin B6 contributes to the regulation of hormonal activity."[29,30]
Authorized Claim (Pantothenic acid): "Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D, and some neurotransmitters."[29,30]
Authorized Claim (Vitamin D): "Vitamin D contributes to the maintenance of normal bones."[29,30]
Authorized Claim (Vitamin B12): "Vitamin B12 contributes to the reduction of tiredness and fatigue."[29,30]
Authorized Claim (Vitamin B12): "Vitamin B12 contributes to normal psychological function."[29,30]
Authorized Claim (Vitamin B2): "Vitamin B2 (riboflavin) contributes to the reduction of tiredness and fatigue."[29,30]
Authorized Claim (Folate): "Folate contributes to the reduction of tiredness and fatigue."[29,30]

Women's health support during post menopause	
Ingredient	**Quantity (1 serving size dose = 2 capsules)**
EVA360™	200 mg
Vitamin D3	50 mcg
Calcium citrate	500 mg
Biotin (vitamin H)	100 mcg
Zinc (zinc bisglycinate or zinc picolinate)	15 mg
Vitamin C	75 mg
Excipient (DiluCap™ Hygro), q.s. ad	1 dose (HPMC capsule)

Posology: Take 1 dose daily.

Claim Pathway for the finished formulation[29,30]

Authorized Claim (Vitamin D): "Vitamin D contributes to the maintenance of normal bones."[29,30]
Authorized Claim (Zinc): "Zinc contributes to the maintenance of normal hair, skin and nails."[29,30]
Authorized Claim (Vitamin C): "Vitamin C contributes to normal collagen formation for the normal function of skin."[29,30]

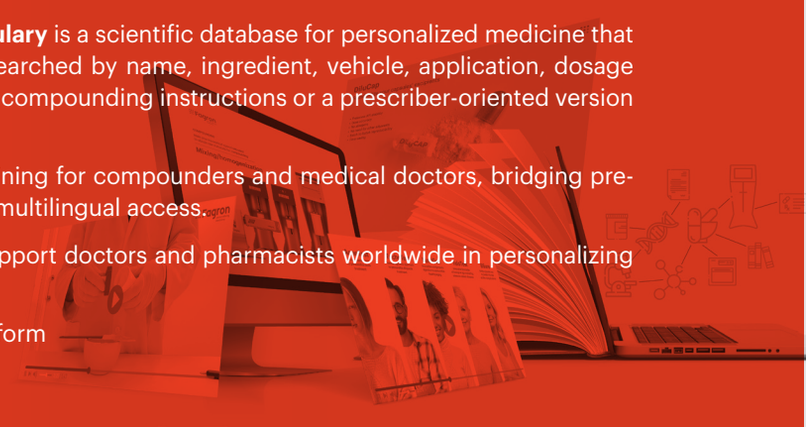
Resources for clinicians and pharmacists.

As part of the **Fagron Academy** initiative, the **Fagron Formulary** is a scientific database for personalized medicine that serves both prescribers and pharmacies. Entries can be searched by name, ingredient, vehicle, application, dosage form, or medical specialty, and each record provides either compounding instructions or a prescriber-oriented version as appropriate. Access is free with an account.

The **Fagron Academy Video Platform** offers structured training for compounders and medical doctors, bridging prescribing and compounding in personalized medicine, with multilingual access.

Both resources are global in scope and are designed to support doctors and pharmacists worldwide in personalizing therapy and executing high-quality compounding.

Check at Fagron.com/formulary and Fagron.com/videoplatform



4. Quality and Safety of EVA360™

EVA360™ is a standardized *A. racemosus* root extract supported by specific product specifications and lot-specific quality documentation. Standardized to at least 6% total shatavarins, the ingredient is produced under controlled conditions. Routine quality documentation covers identity, microbiological quality, heavy metals, residual solvents, and other relevant quality parameters, in line with internal standards and applicable requirements. **EVA360™** is plant-based and suitable for vegan and vegetarian products. In clinical studies conducted at 200 mg/day, **EVA360™** was well tolerated, with no major safety concerns reported.

Positioning and use

Within these documented specifications, **EVA360™** may be positioned as a science-based botanical ingredient for food-supplement applications to support women's well-being at different life stages. Product formulation, on-pack wording, and claims should remain aligned with applicable local legislation. Use should be guided by the product's technical documentation and, where applicable, professional recommendations.

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