

In The Name of God Sport Sciences Research Institute of Iran Ministry of Science, Research & Technology

Ethics Approval of Research

Trace Code 109896

This is to certify that the research project entitled 'The effect of eight weeks of aerobic exercises and consumption of phytoestrogenic plants on menopausal symptoms in women aged 45-55 years' provided by *Mrs. Zohreh Eskandari*has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with *Ethical Standards in Research* of the Ministry of Science, Research and Technology, with the code *IR.SSRI.REC.1401.1709*

Ali Kashi, P.h.D. SSRI Research Deputy

Address:

No. 3, 5th St., Mir Emad St., Motahari Ave., Tehran, Iran Postal code : 15 87 95 87 11 Tel : (+9821) 88 74 78 84 (+9821) 88 74 78 36 (+9821) 88 74 77 95 Fax : (+98)21 - 88 73 90 92 Web : www.ssrc.ac.ir Email: info@ssrc.ac.ir