



# MENOPAUSE FORMULA

From perimenopause to menopause and beyond

More than 20 million women in North America are going through menopause right now. Many millions more will join them in the very near future. Surprisingly, many menopausal symptoms can begin as early as 10 years before actual menopause. While it means relief from monthly periods, menopause often comes with unwelcome symptoms. Women regularly seek help for the hot flashes, mood swings, anxiety, and vaginal dryness that they experience. Many women have been successfully helped to ease the symptoms of this life change with herbs and nutrients that are safe and effective. Based on current scientific research and clinical experience, Natural Factors' scientific research team has developed a formula that helps women through menopause while they avoid the risks that come with hormone replacement therapy.

Starting at 30 years of age the body prepares for this change and hormone levels fluctuate. As a woman nears fifty (earlier in some cases) the ovaries no longer produce high levels of estrogen and progesterone; however, the pituitary continues to secrete follicle stimulating hormone (FSH) and luteinizing hormone (LH). Raised levels of FSH and LH combined with decreased levels of estrogen and progesterone can make for some very unpleasant symptoms, especially hot flashes.

Each herb chosen exerts a balancing effect on hormones, and reduces unpleasant symptoms for women 30 years of age or older.

## BLACK COHOSH – SUPPORTED BY RESEARCH (*CIMICIFUGA RACEMOSA*)

This venerable herb has been used for “female complaints” since our great-grandmother’s time. Now, studies show it is effective for many menopausal symptoms: hot flashes, night sweats, heart palpitations, and drying and thinning of the vagina. Black cohosh inhibits the release of luteinizing hormone by the pituitary gland, with a positive effect on menopausal symptoms. In a study of 110 women, half were given black cohosh root extract and the other half a placebo. Researchers found that the women receiving black cohosh root extract had significant relief of symptoms compared to the placebo group with an 80% response rate in varying symptoms of menopause (Duker, *et al*).

Other studies have demonstrated the effectiveness of black cohosh, especially when compared with hormone replacement therapies. Three groups of women were given either

black cohosh, conjugated estrogens, or diazepam for twelve weeks. All three groups found relief from menopausal symptoms with reduced hot flashes, night sweats, nervousness, headaches and heart palpitations (Warnecke).

- More than 20 million women are going through menopause in North America. Most will experience some unpleasant symptoms as a result of hormonal imbalance.
- The MenoPause Formula is based on scientific research and clinical experience and includes standardized extracts of the most helpful botanicals that have hormone-balancing effects, that include:
  - Black cohosh – supported by good clinical studies that show how it can help many symptoms of menopause, especially hot flashes
  - A standardized extract of vitex that helps to restore estrogen/ progesterone balance
  - Licorice phytoestrogens also exert a balancing effect on reproductive hormones, reducing them when they’re too high and increasing them when they’re too low
  - Wild yam contains the well-known phytoestrogen, diosgenin, and also has antispasmodic, anti-inflammatory and nerve relaxant properties

The eminent herbalist and physician, Rudolf Fritz Weiss, realized the value of black cohosh: “Modern research has shown that this plant also contains hormonelike substances, mainly oestrogenic ones, and explains why the drug has been used empirically to treat all kinds of female complaints. We now know that it is indicated specifically for conditions based on oestrogen deficiency... Using these (black cohosh extracts) we can in many cases manage without hormones, though it is important to make it clear from the beginning that success will not be instant” (Weiss)

Black cohosh is safe, with some women experiencing only occasional gastrointestinal side effects. Its therapeutic effectiveness has been proven both in placebo-controlled clinical trials and when compared to hormone replacement therapy. Each capsule of the MenoPause Formula delivers 40 mg of black cohosh standardized to 2.5% triterpene glycosides, the active constituents helpful for menopausal symptoms.

### **VITEX AGNUS-CASTUS – SUPERIOR HORMONE REGULATOR**

The name comes from the Greek *Agnus castus* or chaste tree. This herb has a normalizing effect on hormones. Vitex balances luteinizing hormone production and modulates progesterone levels in the body. It has also proven to reduce prolactin concentrations that are normally secreted by the pituitary. This combination of actions helps to restore the estrogen/progesterone balance, and as shown in studies, reduces hot flashes.

### **PHYTOESTROGENIC LICORICE ROOT (GLYCYRRHIZA GLABRA)**

Phytoestrogenic compounds in licorice are formononetin and B-sitosterol. Its estrogenic activity is only 1/400th as potent as human estrogen. As with other herbs in this formula, licorice phytoestrogens exert a balancing effect on reproductive hormones, reducing them when they are too high and increasing them when they are too low.

Since the amounts of licorice used is small it should not cause any raise in blood pressure, but one could check with their health care practitioner.

### **HELP FOR YOUR NERVES WITH HOPS (HUMULUS LUPULUS)**

The estrogenic properties of hops is a fairly recent discovery. When hops was first cultivated for the brewing industry, female hops pickers noticed that their periods came earlier in the month. The hops had raised their estrogen levels.

Hops is also considered a classic nervine, helping to ease the bouts of anxiety, and “nerves.” For centuries herbalists have used hops to induce sleep. Hops is included in this formula to help insomnia, a common menopausal symptom experienced by many women.

### **WILD YAM (DIOSCOREA VILLOSA)**

Wild yam contains the well-known phytoestrogen, diosgenin. Wild yam also has antispasmodic, anti-inflammatory and nerve relaxant properties.

### **DOSAGE AND SAFETY**

We recommend that women take 1 capsule, 2 times daily or as directed by a health care practitioner. If there is no relief of symptoms after one month, increase to 3 or 4 capsules per day. Allow time for results, which generally occur in the third cycle or approximately three months of use. The herbs are very safe and can be used long-term.

### **MENOPAUSE– A LIFE PASSAGE OR A DISEASE?**

In many cultures women look forward to menopause, primarily as a relief from childbearing. In these cultures the symptoms of menopause are much less frequent. Rather than viewing menopause as a natural life passage, North Americans medical practitioners often treat it as a disease, with hormone replacement therapy (HRT) as the first treatment of choice. However, HRT is not without risk and is not a cure – it only addresses symptoms while increasing the risk of gallstones, blood clots, and some cancers.

Many women want to explore more natural, less risky alternatives to HRT. The phytoestrogens found in the MenoPause Formula are safe and effective. When this formula is combined with attention to diet, exercise, and other supplements – such as the Estro Factors formula, calcium and magnesium, B vitamins, evening primrose oil and vitamin E – it can help balance hormonal irregularities and ease women through this most important life passage.

### **KEY REFERENCES**

Duker E.M., et al., “Effects of extracts from *Cimicifuga racemosa* on gonadotropin release in menopausal women and ovariectomized rats,” *Planta Medica*, 57: 420-424; 1991

Warnecke G., *Med Welt*, 36: 871-874; 1985

Weiss R.F., “Herbal Medicine,” AB Arcanum, Gothenburg, Sweden, *Beaconsfield Publishers*, Beaconsfield, England; 1994