

TECHNICAL DATA SHEET

Menopause Formula



Menopause formula is specifically designed to give relief to the symptoms that plague women experiencing the hot flashes, mood swings and night sweats that menopause can bring on. The primary cause of most menopause symptoms is centered on the hypothalamus-hypophysis axis and how to normalize lutenizing hormones, while supporting estrogen and progesterone activity. Menopause formula is a unique blend of specific nutrients that have been clinically shown (at the clinically used dosages) to effectively deal with the cause of the symptoms attributed to menopause.

INGREDIENTS

Black Cohosh and its applicable parts are the rhizome and root. The active constituents of black cohosh include phytosterin; isoferulic acid; fukinolic acid; caffeic acid; salicylic acid; sugars; tannins; long-chain fatty acids; and triterpene glycosides, including acetin, cimicifugoside, and 27-deoxyacetin (1). Black cohosh has been widely used in Native American culture for centuries for reducing hot flashes, menstrual cramps, and female ailments (2). Black cohosh functions by modulating healthy levels of leuteinizing hormone (LH) that supports healthy levels of estrogen during menopause. The triterpene glycosides found in the extract from Euromed (parent company is German renowned botanical company Madaus) has been extensively researched and validated to contain a minimum of 2.5% triterpene glycosides as 27-deoxyacetin, by high performance liquid chromatography (HPLC) method. We use the full therapeutic dose of 40 mg per serving to insure the best possible patient outcomes.

Dong Quai and its applicable part is the root. Dong quai has several constituents including osthol, psoralen, and bergapten, and contains 0.4% to 0.7% volatile oil (3). Dong quai is referred to as the female counterpart to ginseng since it has many of the same adaptogen qualities. Research indicates that dong quai is indeed a phytoestrogen since it has estrogenic effects (4). Dong quai has been used traditionally to control hot flashes in both menopausal and perimenopausal women.

Chaste Tree (Vitex) and its applicable part is the fruit. The active constituents of chasteberries are the essential oils, iridoid glycosides, flavonoids, and diterpenes (5). The therapeutic effects of chasteberry have been attributed to its indirect effects on various neurotransmitters and hormones. Chaste tree acts on the pituitary gland to produce more luteinizing hormone, which increases progesterone production and helps relieve menopausal symptoms. Preliminary research revealed chasteberry has estrogen and progestin activity (6). Chasteberry appears to be selective for beta estrogen receptors.

Wild Yam (Dioscorea) and its applicable parts are the root and rhizome. The tubers of the Dioscorea species contain the glycoside diosgenin that has similar properties as progesterone and DHEA. Diosgenin prevents estrogen-induced bile flow suppression (7). A wild yam extract enhances estradiol binding to estrogen receptors and induces transcription activity in estrogen-responsive cells (8).

Licorice Root (Glycyrrhiza glabra) and its applicable part is the root. Licorice has antispasmodic, anti-inflammatory, laxative, and soothing properties. The constituents glycyrrhizin and glycyrrhetic acid inhibit 11-beta-hydroxysteroid dehydrogenase, an enzyme located in the aldosterone receptor cells of the cortical collecting duct. (9). Glycyrrhizin is anti-inflammatory and inhibits the breakdown of cortisol produced by the body. Licorice flavonoids protect liver cells, which enable better utilization of available hormones.

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Burdock Root and its applicable parts are the root, seed, and leaf. Extracts of burdock root appear to increase immunological activity (10). Burdock root contains volatile oils, lignans, polysaccharides, phytosterols and sesquiterpene lactones. Burdock root appears to protect the liver from toxicity due to its antioxidant activity (11).

Passionflower (Passiflora) and its applicable parts are the above ground parts. Passionflower contains several active constituents, including the flavonoids apigenin, luteolin, quercetin, kaempferol, and Vhexin® (12). Passiflorine (3-methyl-beta-carboline) acts as a mild sedative. In combination with other menopausal botanicals, passionflower acts as a hormone restorative.

Soy Isoflavones are phytochemicals that contain genistein and daidzein. In clinical trials they have demonstrated a strong estrogenic activity and are considered significant phytoestrogens. Isoflavones help balance the activity of estrogens in the body. If endogenous estrogen is high, the isoflavones will moderate the effects of human estrogen. If estrogen is low, the isoflavones will exert estrogenic activity. In keeping with our commitment of a green company compliance, our soy isoflavones are certified non-GMO.

Magnesium is the second most plentiful cation in the intracellular fluid and the most plentiful cation in the body. Magnesium is involved with more than 300 enzyme systems. About a third of skeletal magnesium is on the surface of the bone and acts as a reservoir to maintain the extracellular magnesium concentration. The remaining two-thirds of magnesium in bone is a constituent of bone crystals and is not readily available as a magnesium source (13). Magnesium deficiency leads to impairment of osteoblast (bone building cells) function, according to research. There is also evidence that magnesium deficiency increases the formation and activity of osteoclasts (bone resorbing cells).

Silica is a nonmetallic element that is essential for normal skeleton growth. Silica plays a role in the initial stages of bone development when the protein matrix is constructed.

Menopause Formula

Quantity: 90 capsules

Serving size: 3 capsules

Directions: 1 capsule, 3 times daily with food, or as directed by your health care professional.

Each 3 capsules contain:

Magnesium (as Glycinate)	45 mg
Black Cohosh Extract (flower) (2.5% Triterpene Glycosides)	300 mg
Burdock Root Extract (4:1) (root)	225 mg
Dong Quai Root Extract (7:1) (root)	225 mg
Passion Flower Extract (8:1) (flowers)	225 mg
Soy Isoflavones	225 mg
Wild Yam Extract (10:1) (root & rhizome)	225 mg
Chaste Tree Extract (5% Vitexin)	150 mg
Licorice Extract (root)	150 mg
3Silica	15 mg

Other Ingredients: vegetarian capsules

Contains No: wheat, dairy, corn or preservatives.

No fillers, binders, or flowing agents.

Patients: Consult with your healthcare professional for the proper dosage and use of this formula.

For more information about this and other Condition Specific Formulas®, please visit our website at:

www.mpn8.com



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This formula is designed to be safely used with Ultra High Formula.

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