

Menopause Support



Clinical Applications

- Assists in Minimizing Menopausal Symptoms*
- Supports Healthy Hormone Balance & Capillary Integrity*
- Helps Regulate Hot Flashes*

*Botanicals that assist hormone balance and support capillary integrity often work well to control hot flashes and other uncomfortable symptoms experienced by women during menopause.**

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Discussion

The hormonal changes occurring with menopause have been described as associated with an increased risk of several health conditions, including osteoporosis, cardiovascular diseases¹. These changes also lead to symptoms that affect quality of life, such as hot flashes, night sweats, vaginal dryness, sleeping difficulty, mood changes, and difficulty with memory.

Menopause Support is a proprietary herbal blend formulated specifically to support women during menopause.* The combination of ingredients provide symptomatic relief for common complaints associated with menopause, such as hot flashes, night sweats and night awakenings, while serving as a foundation for overall wellness during this period of life.*

Menopause Support includes:

Black Cohosh, also known as black snakeroot or bugbane, is a medicinal root. Black cohosh root extract has been extensively studied for its hormone balancing benefits during perimenopause and menopause. In fact, this botanical has been widely used for more than 40 years in Europe and is approved in Germany for premenstrual discomfort, painful menstruation and menopausal symptoms. Black cohosh root contains components such as Isoflavones and Cimicifuga, which have been shown to be responsible for the botanical's hormone balancing actions. Black cohosh has been shown to significantly reduce menopause-related symptoms, even when compared to other regimens in double-blind, placebo-controlled studies. In an open label trial of 629 patients with menopausal complaints given black cohosh, 80% of the patients improved after 4 weeks and within a 6-8 week period, 50% reported a complete disappearance of symptoms.² Studies have also shown that black cohosh supports emotional well-being by promoting a sense of calmness, along with a positive mental outlook.^{3,4} The literature shows that black cohosh is beneficial to vaginal superficial cells and bone health without causing effects on the endometrium or follicle-stimulating hormone (FSH) levels. Possible mechanisms for its benefits include acting on selective estrogen receptor modulation, serotonergic pathways, antioxidant activity or inflammatory pathways.⁵

Gamma Oryzanol is a compound found in rice bran oil. It helps reduce menopausal symptoms

Sage Leaf has isoflavones and has been used in alternative medicine to reduce sweating. We've included to address night sweats.

Hesperidin Methyl chalcone has beneficial effects on blood vessels. It's touted as a natural remedy for a number of health problems, including hot flashes, symptoms associated with menopausal changes, premenstrual syndrome.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



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Gamma Oryzanol Gamma oryzanol (ferulic acid) is a natural compound extracted from rice bran oil. Gamma oryzanol was first shown to be effective for relieving hot flashes in the early 1960s.⁶ Numerous studies have highlighted the benefits of gamma oryzanol for menopausal complaints. An initial study found that 300 mg/ day of gamma oryzanol over 38 days was able to reduce, by half, menopausal symptoms in 67% of the women studied.⁷ A more recent study of 40 women given a dose of 300 mg/ day of gamma oryzanol showed a reduction in menopausal symptoms in 85% of female subjects.⁸ In addition to helping with symptoms of menopause, gamma oryzanol has also been shown to be effective in maintaining healthy cholesterol and triglyceride levels.⁹

Supplement Facts	
Serving Size 1 Capsule • Servings Per Container 60	
Amount Per Capsule	
Hesperidin Methylchalcone	150 mg*
Gamma-Oryzanol (from rice bran oil)	150 mg*
Black Cohosh (<i>Cimicifuga racemosa</i>) root and rhizome, dried extract, min. 2.5% triterpene glycosides, calculated as 27-deoxyactein	20 mg*
Sage (<i>Salvia officinalis</i>) leaf	60 mg*
Norway Spruce (<i>Picea abies</i>) dried lignan extract containing hydroxymatairesinol**	25 mg*

*Daily Value not established.
 Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.
 **HMRlignan™ brand, a trademark of Linnea SA

Suggested Use

1 capsule, 2 times daily with food or as directed by a healthcare professional.

Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Contains no artificial colors, flavors, or preservatives.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

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