



Menoplex™

Indications:

- Declining levels of estrogen and progesterone
- Menopausal symptoms

Menoplex™ promotes phytoestrogenic activity with herbal compounds, which balance hormonal changes during menopause and promote a reduction in symptoms without causing the negative side effects characterized by synthetic hormones.

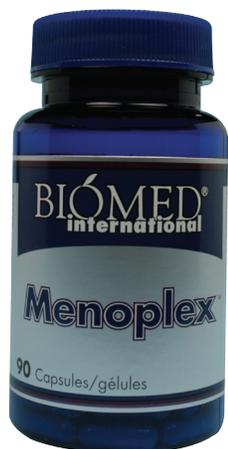
The word menopause is derived from the root words “meno”, meaning menstrual, and “pauses” meaning cessation. The cessation of menstruation also brings with it the end of ovulation and a woman’s fertility. Menopause is as normal a transition in a woman’s life as puberty is. While medical interventions, such as surgery, radiation or drug reactions, can hasten the arrival of menopause, for the majority of women it occurs between the age of 48 and 52. Typically, most women experience a variety of physical, mental and emotional symptoms that begin well in advance of menopause. This transitional phase from regular to irregular menses is known as perimenopause. [See the monograph on Peritrol™ for a discussion of perimenopause.]

The arrival of “postmenopause” is signified by one year of having no menstrual periods. During the early stages of postmenopause, perimenopausal symptoms (hot flashes, night sweats, insomnia, vaginal thinning and dryness, decreased libido, heart palpitations and increased risk of vaginal and urinary tract infections) usually continue and may even increase as estrogen levels continue to decline. It is estimated that there are approximately four million postmenopausal women in Canada. Prior to July 2002, hormone therapy had become the standard means of treating menopausal symptoms as it was believed to address the common discomforts (hot flashes and vaginal dryness) and was also considered effective protection against the most serious postmenopausal

conditions such as osteoporosis and heart disease. Then in July 2002, the Women’s Health Initiative study – a large, multitiered clinical trial (sponsored by the U.S. National Institutes of Health) concluded that hormone replacement therapy (HRT) may actually impede rather than benefit a woman’s health.¹ These findings have resulted in a major shift in the conventional wisdom respecting the treatment of menopausal-associated symptoms. HRT is no longer considered the treatment of choice that it once was. This in turn has caused many women and their health practitioners to consider other alternatives. The synergistic and well-balanced combination of natural ingredients in **Menoplex™** has been specifically designed to assist women with this hormonal transition and relief from menopausal symptoms.

Black Cohosh (*Cimicifuga racemosa*) is rich in plant estrogens and is recognized as a safe and effective treatment for insomnia, hot flashes, night sweats and other menopause symptoms.² It seems to work by influencing the endocrine regulatory system. It acts by binds briefly with estrogen receptors and exerting its effects on the vaginal lining. In one multi-centre clinical trial, involving 704 participants, black cohosh proved to be an effective hormone-free treatment for menopause, by providing complete relief from complaints such as hot flashes, sweating, headache, vertigo, palpitation, and tinnitus in an average of over 49% of cases. Furthermore, it improves psychiatric symptoms, including nervousness, irritability and related depression in 37.8 % of participants.³ Other studies have produced similar results.^{4,5}

Indole-3-Corbinol (I3C) is a member of the class of sulfur-containing chemicals called glucosinolates.⁶ Found in plants that are a member of the cabbage family, it is an antioxidant and a major natural anti-cancer agent. I3C acts to moderate estrogen metabolism and studies have also shown indole-3-carbinol can significantly increase the conversion of estrogen from cancer-producing forms to nontoxic breakdown products.⁷ Once broken down in the digestive process, I3C produces diindolymeth-



Each vegetarian capsule contains:

Ingredients:

Cimicifuga racemosa (Black cohosh) 16.67 mg
Indole-3-Carbinol 33.33 mg
Dioscorea villosa (Wild yam) 16.67 mg
Trifolium pratense (Red clover) 50.00 mg
Vitex-agnus castus (Chasteberry) 16.67 mg

Mode of Action:

Controls hot flashes & reduces vaginal dryness
Moderates estrogen metabolism, anti-carcinogen
Anti-spasmodic
Isoflavones
Hormonal modulator

Other ingredients: magnesium stearate, silicon dioxide, and microcrystalline cellulose.

Side Effects: none.

Contraindications: Do not take if pregnant or breastfeeding. Do not use in individuals with known or suspected sensitivity to the listed ingredients.

Warning: none

Adult Dosage: Take one capsule three times a day or as directed by a practitioner.



ane (DIM), which has a unique ability to affect estrogen metabolism. Scientists believe the estrogen metabolite 16-alpha-hydroxyestrone (16-alpha-HE) produces higher levels of harmful compounds; whereas, a second metabolite --2-hydroxyestrone (2HE), seems to perform a supporting role for many of the body's organs by protecting them from the harmful compounds created by 16-alpha-HE. When a faulty ratio between 16-alpha-HE and 2HE occurs, this imbalance can cause potentially harmful results in the body. In women the imbalance of these two estrogenic compounds was associated with the negative signs of menopause, including hot flashes, mood disturbances, sleeping problems and the development of unhealthy breast tissue. Scientists are encouraged by studies suggesting that I3C may have a beneficial effect on maintaining the crucial balance between 16-alpha- HE and 2HE.⁸

Wild Yam (*Dioscorea villosa*) because of its estrogen-like properties is helpful in regulating the female system, particularly during menopause and menstrual distress. It helps the liver to produce the hormones, progesterone and cortisone and thereby plays a role in modulating hormone levels, which can be disrupted during menstruation and menopause. Diosgenin, found in wild yam, is a steroid-like substance involved in the production of the hormone progesterone, which is a natural DHEA precursor that has been shown to aid in the stabilization of hormone balance. However, it seems that rather than increasing progesterone in the body, wild yam actually has a balancing effect on oestrogen levels.⁹ As an anti-spasmodic, anti-inflammatory, nerve relaxant and anti-depressant it provides relief from a number of menopausal symptoms.

Red Clover (*Trifolium pratense*) is a legume rich in isoflavonoids, which has phyto-estrogenic characteristics. Isoflavones have a structure similar to naturally-occurring steroidal sex hormones. A double blind placebo test in the Netherlands, in 2002, revealed that using red clover extract decreased hot flashes by 44% between the active and placebo group.¹⁰ In another study, 23-25 women with amenorrhea for >12 months were treated with 40.0 mg of the extract. They experienced a 56% reduction in the frequency of hot flash over a two-month period. Also the severity of hot flashes decreased by 43% and the severity of night sweats decreased by 52%.¹¹ Indications are red clover may also help overcome vaginal dryness; for a study involving 29 women who took a red-clover supplement showed that participants experienced a reduction in vaginal dryness.¹²

Chasteberry (*Vitex-agnus castus*) is one of the most important herbs for regulating female hormones. It seems to be effective in slowing the dramatic drop in progesterone associated with menopause and in allowing the body to become gradually accustomed to changes in hormone levels.

Symptoms such as hot flushes, dry vagina, dizziness and depression may all respond well to treatment with Chasteberry. Although most widely known as a natural remedy for PMS (which can reoccur during perimenopause), studies have also shown Chasteberry to be useful in confronting menopausal symptoms. A trial involving two essential oils (derived separately from leaf and fruit) of *Vitex agnus castus* with 23 participants showed strong symptomatic relief of common menopausal symptoms.¹³ This information is for professional use only. This product is not intended to diagnose, treat, or prevent any disease.

References:

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