Vasomotor symptom relief through a novel combination of concentrated standardized herbal extracts

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ABSTRACT

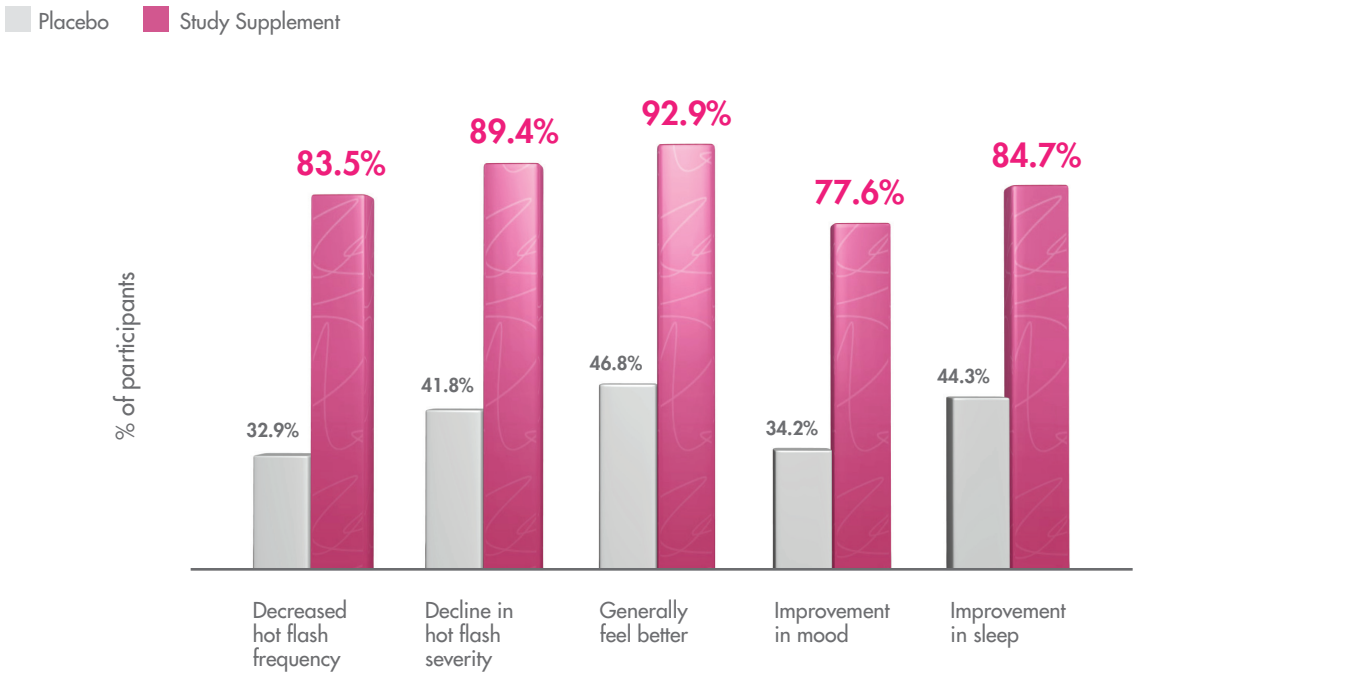
Objective: To determine the safety and efficacy of a novel nutritional supplement containing concentrated herbal extracts for the relief of vasomotor symptoms related to menopause.

Design: This was a double-blind, randomized, placebo-controlled study. 186 women with irregular or absent menstrual cycles suffering from at least 5 bothersome hot flashes or night sweats per 24-hour period were randomized to receive study supplement or placebo. Study supplement consisted of capsules containing standardized concentrated extracts providing a daily serving (split into 2 equal doses) of hypericin 2.7mg extracted from St. John's wort, isoflavones 125mg extracted from soy, isoflavones 60mg extracted from red cover, triterpenes 4mg extracted from black cohosh, and ginsenosides 16mg extracted from Panax ginseng. Patients filled out a 3-day symptom diary prior to acceptance into the study and after 6 weeks of study participation.

Results: 164 patients completed 6 weeks of study participation and returned their 3-day symptom diary. When compared to placebo, the supplement group showed a statistically significant difference in patients reporting a decrease in both frequency (83.5% vs. 32.9%) and severity (89.4% vs. 41.8%) of hot flashes and night sweats. Participants in the study group also reported less trouble staying asleep and improvement in mood. There was no difference in side effects reported by study group versus placebo.

Conclusion: The use of the combination of concentrated standardized extracts in this study offers a safe and effective treatment for vasomotor symptoms associated with the hormonal fluctuations of perimenopause/menopause. It also appears effective for improvement of mood and sleep dysfunction, which are often present during the hormonal transitions of menopause.

Results Summary After 6 Weeks of Treatment



Study results based on 164 participants.