

# MenoSense®

## IMPROVES MENOPAUSE SYMPTOMS



### WOMENSENSE®

WomenSense is a line of products dedicated to helping women reach their full health potential. Each product is carefully formulated to suit the specific needs of adult women through various changes in life, ranging from mental or physical stress, to changes in hormones with age. All of the WomenSense products are free from common allergens and GMOs.

### PRODUCT SUMMARY

MenoSense is a natural formula containing dong quai, chasteberry, black cohosh, gamma-oryzanol, and hesperidin. Health care practitioners recommend MenoSense for the reduction of hot flashes, night sweats, and the other symptoms of menopause.

### BENEFITS

- Supports menopause
- Reduces hot flashes and night sweats
- Improves irritability and nervousness
- Reduces other symptoms of menopause

### RESEARCH

#### Dong Quai

Dong quai has shown positive results in herbal combinations. It has been studied in combination with chamomile. In a placebo-controlled study, while there was no change in hormones, menopausal women had a 90% decrease in daytime hot flashes and a 96% decrease in nighttime hot flashes while taking the herbal combination, but only a 15–25% decrease for the placebo group. All the women who took the herbal preparation had a moderate-to-maximum decrease in hot flash intensity; 75% reported decreases in intensity of 80–100% (1).

#### Black Cohosh

In a recent meta-analysis of clinical trials, products containing black cohosh were associated with an overall improvement of 26% for menopausal symptoms (2). Black cohosh showed significant reduction of psychiatric, physical, sexual, and vasomotor symptoms of menopause over eight weeks of treatment, compared to placebo, in a randomized clinical trial (3).

In another double-blind study, black cohosh reduced hot flashes from five to one-a-day versus five to 3.5 for estrogen. And while estrogen provided little benefit for vaginal atrophy, or thinning of the vaginal lining, black cohosh improved it dramatically (4). Other randomized research has shown black cohosh to be as beneficial as estrogen for reducing the symptoms of menopause, with advantages in changes in cholesterol levels (5).

Black cohosh is also better than hormone replacement therapy for bones. Both are effective at preventing bone degeneration, but only black cohosh can increase bone formation. A double-blind, randomized, multicentre study found black cohosh to be equal to estrogen for the treatment of menopausal symptoms without the dangerous estrogenic effects. But while markers of bone degeneration decreased in both groups, markers for bone formation increased only in the black cohosh group (6). A second double-blind study also found that black cohosh increases osteoblasts that are responsible for bone formation (7).

#### Chasteberry

In a double-blind, randomized, controlled clinical trial investigating the use of chasteberry for the relief of emotional symptoms of menopause, it was found that chasteberry may help in the management of psychological symptoms in menopause through a dopaminergic effect, finding it as effective as St. John's wort (a known anti-depressant) (8). In another trial, chasteberry reduced the severity of hormone-related migraine headaches by 66% (9).

#### Gamma-Oryzanol

Gamma-oryzanol is a unique compound which is derived from rice bran oil. This compound has antioxidant activity and is associated with cholesterol-lowering effects, a reduction in menopausal symptoms, and increased muscle mass (10). In the same study, it was found that a daily dose of 100 mg of gamma-oryzanol over 38 days resulted in a 50% reduction in menopausal symptoms and a 67% reduction in hot flashes in women who had undergone hysterectomy (10).

#### Hesperidin

Hesperidin is a highly bioavailable flavonoid known for many positive effects on the circulatory system. In one study, hesperidin was shown to improve vascular integrity, lower inflammation, and decrease capillary permeability, helping to reduce symptoms of pain and weakness in the extremities, nighttime leg cramps, and other symptoms of poor circulation which may be associated with menopause (11,12).

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### Each vegetarian capsule contains:

Dong Quai ( <i>Angelica sinensis</i> ) Extract (root) (4:1 from 400 mg of dong quai) .....	100 mg
Chasteberry ( <i>Vitex agnus-castus</i> ) Extract (0.6% aucubin) (fruit) (10:1 from 800 mg of chasteberry) .....	80 mg
Black Cohosh ( <i>Actaea racemosa</i> ) Extract (rhizome and root) (2 mg of triterpene glycosides measured as 27-deoxyactein) .....	80 mg
Gamma-Oryzanol ( <i>Oryza sativa</i> ) (seed bran) .....	75 mg
Hesperidin 40% ( <i>Citrus sinensis</i> ) (fruit) .....	75 mg

**Recommended adult dose:** 2 capsules at breakfast and 2 capsules at bedtime daily or as directed by a health care practitioner. Consult a health care practitioner for use beyond one year.

**Cautions:** Do not use if you are taking anticoagulant/antiplatelet drugs and/or if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a liver disorder or if you develop symptoms of liver trouble. Consult a health care practitioner if symptoms persist or worsen. Keep out of reach of children.

*No artificial preservatives, colours, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs.*

✓ Gluten free    ✓ Non-GMO    ✓ Suitable for vegetarians/vegans



### References

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