

WILD YAM EXTRACT

A study titled "Evaluating the Efficacy of Wild Yam Hormonal Salve in Managing Menopausal Symptoms" demonstrated that wild yam extract can effectively reduce menopausal symptoms such as hot flashes and night sweats. This study was published in the Journal of Population Therapeutics and Clinical Pharmacology in 2024 (<https://www.jptcp.com/index.php/jptcp/article/view/3956>).

Another study found that yam ingestion has estrogenic effects in healthy postmenopausal women, suggesting its potential for alleviating menopausal symptoms (Wu et al., 2005) (https://www.researchgate.net/publication/7667768_Estrogenic_Effect_of_Yam_Ingestion_in_Healthy_Postmenopausal_Women)

MACA ROOT EXTRACT

A study published in "Menopause" in 2006 found that Maca root extract can alleviate menopausal symptoms, including anxiety and depression, and improve sexual function (double blind, randomized, Placebo-controlled, crossover configuration, outpatient study) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614644/>

A systematic review of the versatile effects of the Peruvian Maca Root (*Lepidium meyenii*) on sexual dysfunction, menopausal symptoms and related conditions: <https://www.sciencedirect.com/science/article/pii/S2667031322001075>

Gonzales GF et al. Maca (*Lepidium meyenii*) for improving sexual desire and mild mood changes in men and possibly mild improvements in well-being.

MACA ROOT KEY FINDINGS

- 1. Improvement in Sexual Function:** Women who received Maca root showed significant improvement in sexual function compared to the placebo group. This was measured using standardized questionnaires assessing various aspects of sexual health.
- 2. Reduction in Symptoms:** There was a notable reduction in symptoms such as decreased libido and arousal difficulties among the Maca group.
- 3. Safety and Tolerability:** Maca root was well-tolerated by participants with no severe adverse effects reported, making it a viable option for managing sexual dysfunction associated with antidepressant use.

BLACK COHOSH

The study "Black Cohosh and Other Botanical Compounds for Hot Flashes: What's the Evidence?" published in Menopause (2012) reviewed the efficacy of black cohosh in reducing hot flashes and other menopausal symptoms, showing positive results (Leach & Moore, 2012)

Newton KM et al. Black cohosh for the treatment of hot flashes: a randomized controlled trial. Menopause.2006;13(2):206-14.

SOY ISOFLAVONES

A study titled "Effect of soy isoflavones on menopause symptoms" published in JAMA (1999) found that soy isoflavones can reduce the frequency and severity of hot flashes in menopausal women <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5713750/>

Lethaby A et al. Phytoestrogens for vasomotor menopausal symptoms. Cochrane Database Syst Rev. 2007;(4):CD001395.
Findings: Soy isoflavones can modestly reduce the frequency of hot flashes in postmenopausal women.

TONGKAT ALI (EURYCOMA LONGIFOLIA)

Clinical Evidence:
Talbot SM, Talbot JA, George A, Pugh M. Effect of Tongkat Ali on stress hormones and mood state in moderately stressed subjects. J Int Soc Sports Nutr. 2013;10:28.

Findings: Significant reduction in cortisol and improvement in mood state. Suggests stress and mild mood support.

FLAXSEED OIL (LINUM USITATISSIMUM)

Clinical Evidence:
Pruthi S et al. A randomized, controlled trial of flaxseed for the treatment of hot flashes. Menopause.2012;19(1):48-53.

Hallund J et al. The effect of a lignan complex from flaxseed on biomarkers of estrogen metabolism in postmenopausal women. Nutr Cancer. 2006;54(2):174-7.

Findings: Flaxseed influenced estrogen metabolites (helps get rid of the harmful estrogens)

ASHWAGANDHA (WITHANIA SOMNIFERA)

Known adaptogen; studied for stress, anxiety, and cortisol reduction.

Clinical Evidence:
Chandrasekhar K, Kapoor J, Anishetty S. A prospective, randomized double-blind, placebo-controlled study of a high-concentration ashwagandha root extract on stress and anxiety in adults. Indian J Psychol Med.2012;34(3):255-62.

Findings: Significant reduction in stress and anxiety.

Other RCTs have shown ashwagandha's efficacy in lowering cortisol levels and improving mood and sleep quality.

RED CLOVER (TRIFOLIUM PRATENSE)

Contains isoflavones; studied for menopausal hot flashes.

Clinical Evidence:
Tice JA et al. Phytoestrogen supplements for the treatment of hot flashes: A randomized controlled trial. JAMA. 2003;290(2):207-14.

Findings: Improvement in hot flash frequency.

CLARY SAGE ESSENTIAL OIL (SALVIA SCLAREA)

Clinical Evidence:
Lee IS et al. Effects of Aromatherapy on Menopausal Symptoms, Stress and Depression in Middle-Aged Women. J Korean Acad Nurs. 2014;44(5):653-62.

Findings: Aromatherapy with certain oils (including clary sage) improved menopausal symptoms and reduced stress/depression.

ROSEMARY EXTRACT (ROSMARINUS OFFICINALIS)

Clinical Evidence:
Moss M et al. Aromas of rosemary and lavender essential oils differentially affect cognition and mood. Int J Neurosci. 2003;113(1):15-38.

Findings: Rosemary aroma influenced mood and cognition.

VITAMIN E

Clinical Evidence:
Ziaei S, et al. The effect of vitamin E on hot flashes in menopausal women. Gynecol Obstet Invest.2007;64(4):204-7.

Findings: Mild reductions in the severity and frequency of hot flashes.