



# MENO DOUCEUR

## Used to relieve symptoms of menopause.

Product number	NPN 80004979
Dosage form	Vegetable capsule
Quantity	60
Recommended route of administration	Oral
Dosage	Gatillier (ratio d'extraction 4:1) ( <i>Vitex agnus castus</i> ) (baie) 100 mg Quantity équivalente à 400 mg de gatillier
	Racine de kudzu ( <i>Pueraria lobata</i> ) standardisé à 40% d'isoflavones 80 mg
	Ashwagandha (ratio d'extraction 4:1) ( <i>Withania somnifera</i> ) (racine) 75 mg Quantity équivalente à 300 mg d'ashwagandha
	BLACK COHOSH (ratio d'extraction 4:1) ( <i>Cimicifuga racemosa</i> ) (racine) 5 mg quantity equivalent to 20 mg of black cohosh

## Menopause

Menopause occurs in women between the ages of 45 and 54 on average, when ovarian function begins to decrease. Numerous vasomotor, vaginal, and psychological symptoms (hot flashes, vaginal dryness, loss of bone mass) accompany the decline in estrogen associated with menopause.

Despite its effectiveness, hormonal therapy is controversial today due to significant associated risk factors, which give it an unfavourable risk/benefit ratio. In 2002, a large American study involving over 16,000 women, comparing hormonal therapy with placebo, demonstrated an increase in the prevalence of breast cancer and coronary diseases among patients who followed hormonal therapy.<sup>5</sup> Many women today therefore opt for alternative therapies or substitutes, which has boosted the market for herbal preparations.

## 4 complementary plants

The Meno Douceur product from Léo Désilets Maître Herboriste combines the effects of 4 natural ingredients for relieving symptoms of menopause.

Black cohosh was used by Native Americans, who attributed many virtues to it and used it notably as a remedy for menstrual pains and pain during childbirth. In the mid-20th century, it was prescribed as a replacement for hormonal therapy for menopausal women.<sup>6</sup> Its use as an alternative remedy has increased in recent years. Cimicifuga racemosa thus holds pride of place among alternative remedies due to its well-known effectiveness for treating menopausal symptoms, and it has been recognized by the German Commission E and by the World Health Organization (WHO). Commission E has also noted a number of beneficial effects of Black Cohosh in treating premenstrual discomfort and menstrual pain.



## Therapeutic indications

- Used to relieve symptoms of menopause.

### RECOMMENDED DOSAGE

**Adult, 1 capsule, 2 times per day.**

**Léo Désilets Master Herbalist** is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of **Health Canada's Good Manufacturing Practices (GMP)**.

We produce a wide range of natural health and skincare products, which are available **through our website** as well as **most natural health stores** and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of **your health** in a natural way.



## Medicinal ingredients

Chasteberry (extract ratio 4:1) (*Vitex agnus castus*) (berry) 100 mg quantity equivalent to 400 mg of chasteberry

Kudzu root (*Pueraria lobata*) standardised at 40% isoflavones 80 mg

Ashwagandha (extract ratio 4:1) (*Withania somnifera*) (root) 75 mg quantity equivalent to 300 mg of ashwagandha

Black cohosh (extract ratio 4:1) (*Cimicifuga racemosa*) (root) 5 mg quantity equivalent to 20 mg of black cohosh

## Non-Medicinal ingredients

Cellulose, magnesium stearate and hypromellose

The medicinal virtues of chasteberry have been known for thousands of years. Native to Greece and Italy, it later spread to Central Asia. Several clinical studies conducted in the 1990s demonstrated its effectiveness and safety in relieving premenstrual symptoms. More recent trials with standardized extracts have confirmed these effects. Today its use is recognized by Commission E and the WHO for treating menstrual cycle irregularities, relieving premenstrual symptoms, and mastalgia (breast pain).<sup>7</sup>

Kudzu is one of the earliest plants to be mentioned in Traditional Chinese Medicine. Used for symptoms of alcohol or tobacco withdrawal, it is used today in the West to relieve symptoms of menopause. Kudzu contains several potent phytoestrogens (daidzein and puerarin). It is also effective in preventing bone mass loss induced by estrogen deficiency, and it can promote its formation.<sup>8</sup>

Ashwagandha (or Indian ginseng) is a plant that is widely used in Ayurvedic Medicine (Traditional Indian Medicine) to promote sleep, restore strength, and combat stress. It does not have a direct effect on menopause, but it was integrated into the formulation of this product to help combat secondary effects, like insomnia, mood swings, and anxiety.<sup>9</sup>

## Precautions and warnings

- Consult a health care practitioner for use beyond 1 year. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner before using if you have a liver disorder or if symptoms of liver disorder develop. This product should not be taken concurrently with alcohol or other products with sedative effects.

## Contraindications

- Do not use if you are pregnant or breastfeeding.

## REFERENCES

<sup>1</sup> *Actaea racemosa* L. var. *racemosa* – black bugbane. USDA Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=ACRAR> (accessed 23.03.2015)

<sup>2</sup> *Pueraria montana* (Lour.) Merr. var. *lobata* (Willd.) Maesen & S. Almeida – kudzu. Maesen & S. Almeida – kudzu. USDA Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=PUMOL> (accessed 23.03.2015)

<sup>3</sup> *Vitex agnus-castus* L. – lilac chastetree. USDA Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=VIAG> (accessed 23.03.2015)

<sup>4</sup> *Whitania somnifera* (L.) Dunal – whitania. USDA Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=WISO> (accessed 23.03.2015)

<sup>5</sup> Rossouw JE, et al. Risks and Benefits of Estrogen Plus Progestin in Healthy Postmenopausal Women: Principal Results From the Women's Health Initiative Randomized Controlled Trial. JAMA. 288(3):321-33. 2002

<sup>6</sup> Fiche Actée à Grappes Noires. Passeport Santé. Available online at: [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=actee\\_grappes\\_noires\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=actee_grappes_noires_ps) (accessed 27.01.2015)

<sup>7</sup> Gattilier. Passeport Santé. Available online at: [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=gattilier\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=gattilier_ps) (consulté le 25.03.2015)

<sup>8</sup> Abascal C, Yarnell E. Kudzu-the Miracle Vine. Alter & Compl Ther. 2007 (DOI: 10.1089/act.2007.13207)

<sup>9</sup> Mishra LC, et al. Scientific Basis for the Therapeutic Use of *Whitania somnifera* (Ashwagandha): A Review. Alt Rev Med. 5(4):334-346. 2000



## *Cimicifuga racemosa*<sup>1</sup>

**BLACK COHOSH**

**Kingdom:** *Plantae*

**Division:** *Magnoliophyta*

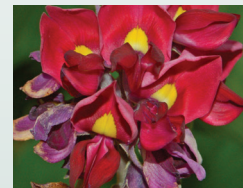
**Class:** *Magnoliopsida*

**Order:** *Ranunculales*

**Famiy:** *Ranunculaceae*

**Genus:** *Actaea* L.

**Species:** *Actaea racemosa* L.



## *Pueraria lobata*<sup>2</sup>

**Kudzu**

**Kingdom:** *Plantae*

**Division:** *Magnoliophyta*

**Class:** *Magnoliopsida*

**Order:** *Fabales*

**Famiy:** *Fabaceae*

**Genus:** *Pueraria* DC.

**Species:** *Pueraria montana* (var. *lobata*)



## *Vitex agnus-castus*<sup>3</sup>

**Gattilier**

**Kingdom:** *Plantae*

**Division:** *Magnoliophyta*

**Class:** *Magnoliopsida*

**Order:** *Lamiales*

**Famiy:** *Verbenaceae*

**Genus:** *Vitex* L.

**Species:** *Vitex agnus-castus* L.



## *Whitania somnifera*<sup>4</sup>

**Ashwagandha, Indian ginseng**

**Kingdom:** *Plantae*

**Division:** *Magnoliophyta*

**Class:** *Magnoliopsida*

**Order:** *Solanales*

**Famiy:** *Solanaceae*

**Genus:** *Whitania* Pauquy

**Species:** *Whitania somnifera* (L.) Dunal

