



71% REDUCTION
OF MENOPAUSE SYMPTOMS^{*A}

***Actaea racemosa* L. is More Effective in Combination with *Rhodiola rosea* L. for Relief of Menopausal Symptoms: A Randomized, Double-Blind, Placebo-Controlled Study.**

Pkhaladze L, Davidova N, Khomasuridze A, Shengelia R, Panossian AG. Pharmaceuticals (Basel). 2020;13(5):E102.

BACKGROUND: The aim of this study was to assess the efficacy and safety of a new herbal preparation (Menopause Relief EP[®]), the hybrid combination of *Actaea racemosa* L. (black cohosh, BC) and *Rhodiola rosea* L. (RR) root extracts, compared with the most effective dose of BC extract in women with menopausal complaints.

METHODS: A total of 220 women were randomly assigned to receive two capsules of either BC (6.5 mg), BC500 (500 mg), Menopause Relief EP[®] (206.5 mg), or placebo once per day for 12 weeks. The efficacy endpoints were relief of menopausal symptoms, measured using the Kupperman Menopausal Index (KMI), Menopause Relief Score (MRS), and menopause Utian Quality of Life (UQOL) index.

RESULTS: The menopause symptom relief effects of RR-BC were significantly superior in all tests to the effects of BC and placebo after their repeated administration for 6 and 12 weeks. There was no statistically significant difference between the effects of BC and BC500 over time. RR-BC significantly improved the UQOL index in patients, compared to BC, BC500, and placebo, mainly due to the beneficial effects on the emotional and health domains.

CONCLUSIONS: BC is more effective in combination with RR in relief of menopausal symptoms, particularly psychological symptoms.

For decades, women have looked to black cohosh for menopause symptom relief. But it hasn't always delivered results. There are a few reasons for that—dosage level, quality of the extract, and how long they've used it. However, another factor may be just as important—the addition of an adaptogen like rhodiola.*

This study shows exciting results for our Menopause Relief PLUS formula compared to two other black cohosh supplements as well as a placebo. This product combines a clinically validated dosage of black cohosh with rhodiola for astonishingly effective results. This is truly breakthrough research regarding symptom relief—it proves that there's an herbal supplement women can count on when they need it most.**

^AAs measured by the Kupperman Menopausal Index.

Menopause Relief* Plus

FOR MENOPAUSE SYMPTOM RELIEF, TWO HERBS ARE BETTER THAN ONE*

WHAT THIS MEANS FOR YOU

Improve your life

Imagine feeling like yourself again—before menopause symptoms were running your life. You can. Menopause Relief* PLUS delivers concentrated black cohosh, EP40™, at clinically effective levels to relieve menopause symptoms, plus added support for energy, focus, and libido from clinically studied Rhodiola EPR-7™. This latest research shows that it is an effective, safe, and consistently reliable choice.*

Black cohosh has long been considered the “go to” herb for reducing menopause symptoms like hot flashes, night sweats, and restless sleep. However, black cohosh doesn’t fully address some very problematic menopausal concerns such as mood changes, low energy, lack of libido, and stamina. Adding an herbal boost from clinically studied Rhodiola EPR-7 takes menopausal symptom relief to an entirely new level.*

Rhodiola is an herbal adaptogen with an excellent record of helping people remain more resilient in the face of stress†, remain focused during long hours on the job, and feel physically robust for demanding tasks. This study found that it reinforces the restorative power of black cohosh for menopause as well.*

Menopause Relief* PLUS was compared to two other black cohosh extracts (one at 6.25 mg, two caps per day for a total of 13 mg, one high dose 500 mg at two capsules daily for a total of 1000 mg) and placebo, also two capsules daily, for 12 weeks. Menopause Relief* PLUS surpassed them impressively: It reduced KMI scores by over 71 percent and MRS scores by over 67 percent.



Relieve
Menopause Symptoms,
Plus
Added Support For
Energy, Focus,
& Libido!*

- 71% reduction in menopausal symptoms!*,^
- An estrogen and soy free alternative to hormone replacement therapy (HRT) for the relief of menopause symptoms*
- Black cohosh PLUS rhodiola address a wider spectrum of menopause symptoms*

WHAT THESE TESTS MEASURE

The Kupperman Menopausal Index (KMI) and the Menopause Rating Scale (MRS) are two established ways of measuring effective menopause symptom relief. Both report physical and psychological aspects of menopause symptoms.

There’s quite a bit of overlap between the two, so they can provide a detailed picture of what’s happening. In either rating scale, if your score goes down, your symptoms are better; if it goes up, they are worse.

Some of the menopause symptoms the KUPPERMAN MENOPAUSAL INDEX evaluates include:

- Hot Flashes
- Restless Sleep
- Stress
- Fatigue
- Nervousness
- Libido

Some of the menopause symptoms the MENOPAUSE RATING SCALE measures include:

- Psychological symptoms: irritability and nervousness
- Somatic/Physical symptoms: hot flashes, restless sleep, and muscle complaints
- Urogenital symptoms: libido, vaginal health, and urinary tract function

Terry
Naturally.
EuroPharma.

Our Passion is Your Health!™

†Occasional stress. ^As measured by the Kupperman Menopausal Index.

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