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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

Isoflavones Help Alleviate Menopausal Symptoms

By ARA Content

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by: **ARA Content**

However, Independent Study Finds That All Isoflavone Supplements are Not Created Equal

(ARA) – As baby boomers age, large numbers of women are entering menopause. Doctors often prescribe hormone replacement therapy (HRT) to alleviate symptoms associated with menopause. However, more and more women prefer to try other therapies as an alternative to conventional HRT.

"Many women are turning to products containing phytoestrogens in an attempt to reduce menopausal symptoms such as hot flashes, night sweats, as well as slow the rate of bone loss and reduce cholesterol," said Lila Nachtigall, M.D., professor of OBGYN at the New York University School of Medicine, and director of the NYU Medical Center's Women's Wellness Center. "Phytoestrogens come from plants including soybeans and red clover. Isoflavones are a type of phytoestrogen that resembles human estrogen. They may help offset the drop in estrogen and regulate its fluctuations that occur at menopause."

Because it is difficult for a woman who eats a typical American diet to consume enough isoflavones through food alone, many women turn to supplements to get to beneficial levels. According to the National Consumers League, women in the United States spend approximately \$200 million per year on non-prescription dietary supplement therapies for menopausal symptoms.

Unfortunately, it can be almost impossible for consumers to know what they are getting in their supplements.

Recent studies show that many dietary supplements are mislabeled and have different amounts of active ingredients from what the manufacturer claims on the label. Unfortunately, according to a recent study, this practice holds true for some dietary supplements containing isoflavone-based ingredients. The results of an independent study, funded by the National Institute of Health, were reported in a recent peer-reviewed article in the Journal of Nutrition. To confirm that the manufacturers label claims

Isoflavones Help Alleviate Menopausal Symptoms

were accurate the study analyzed the isoflavone content of known active phytoestrogens for 33 products sold in the U.S.

"It is evident that for a high proportion of these products, the consumer should have little confidence in what they are purchasing," say the authors of the study.

"These supplements are intended to provide phytoestrogen support to women," said Dr. Nachtigall.

However according to the study, just seven of 33 products were within 10 percent of their label claim and only one — Promensil — delivered the isoflavones in the readily bio-available form.

Women taking many of these products may be receiving phytoestrogens well below effective levels and possibly of no true benefit. "Our studies of a selection of commercially available over-the-counter phytoestrogen supplements show that there is a wide variation in composition and that no two

supplements appear to be the same. This poses some difficulties for the consumer as to what supplement is 'best' to purchase," according to the study.

Promensil, manufactured by Australia-based Novogen, contains isoflavones derived from specially cultivated red clover. Promensil is standardized to deliver the claimed dose in every tablet. Products that are not standardized can vary significantly in the amount of active ingredient. Additionally Promensil provides four important dietary plant estrogens: formononetin, biochanin and the two contained in soy: genistein and daidzein.

The NIH-funded study also found that a number of the labels for the supplements promote soy content, and yet only a very small percentage of content appears to come from soy plants. A close review of the labels reveals that many contain isoflavones derived from kudzu (often identified by its Latin name, *Pueraria lobata* root extract). While there may be some soy isoflavones in these products, the major source of isoflavones is likely kudzu, the pest plant seen strangling natural vegetation in the Southern United States.

Consumers need to be informed to ensure they are making wise health decisions, including the safe and effective use of dietary supplements. Promensil can be purchased in the dietary supplement section of pharmacies and health food stores nationwide. For more information on Promensil, call (877) 4-1-Promensil (417-7663).

Courtesy ARA Content,

; e-mail:

The Effects Of Dietary Supplementation With Isoflavones

By Amporn Saechin

Isoflavones Help Alleviate Menopausal Symptoms

The effects of dietary supplementation with isoflavones from red clover on the lipoprotein profiles of postmenopausal women with mild to moderate hypercholesterolaemia. Effects of supplementation with purified red clover (*Trifolium pratense*) isoflavones on plasma lipids and insulin resistance in healthy premenopausal women. The effects of dietary supplementation with isoflavones from red clover on the lipoprotein profiles of post menopausal women with mild to moderate hypercholesterolaemia. The effects of dietary supplementation with isoflavones from red clover on cognitive function in postmenopausal women.

Promensil is a natural dietary isoflavone supplement derived from red clover for women during and after menopause. Promensil and Rimostil are dietary supplements made from red clover, which contains estrogen-like compounds called isoflavones. A study was conducted on 177 women aged 49–65 to determine the effect of red clover-derived isoflavone supplement on bone density. A recent study investigated the effectiveness of a red clover isoflavone supplement on the change in hot flush frequency in postmenopausal women. Tested were supplements containing soy isoflavones, red clover isoflavones and/or black cohosh as well as creams containing progesterone. The effects of dietary supplementation with isoflavones from red clover on the lipoprotein profiles of postmenopausal women with mild to moderate hypercholesterolemia.

Effects of supplementation with purified red clover (*Trifolium pratense*) isoflavones on plasma lipids and insulin resistance in healthy premenopausal women. The effects of dietary supplementation with isoflavones from red clover on the lipoprotein profiles of postmenopausal women with mild to moderate hypercholesterolemia. Researchers say dietary supplements containing isoflavones derived from red clover or soy have been heavily marketed as alternative treatments for menopausal symptoms. 17 Further studies are needed to establish the potential interaction of isoflavone supplements from red clover and soy with conjugated estrogens. Effects of dietary supplementation with isoflavones from red clover on ambulatory blood pressure and endothelial function in postmenopausal type 2 diabetes.

The effect of supplementation with isoflavones on plasma lipids and oxidisability of low density lipoprotein in premenopausal women. Effects of the isoflavone supplement on hormonal states in young premenopausal women were studied by cross-over study design. Effects of isoflavone supplements on bone metabolic markers and climacteric symptoms in Japanese women. Randomized placebo-controlled trial of an isoflavone supplement and menopausal symptoms in women. Decreased bone resorption with soy isoflavone supplementation in postmenopausal women. Effects of isoflavone supplement on healthy women. Data from studies on premenopausal women suggest that supplementation of the diet with soy or isoflavones produces weak hormonal effects.

Our soy isoflavone supplement contains 10.73 mg of genistein and 22.25 mg of daidzein per capsule. Cognition: Three human trials have found that soy foods and isoflavone supplements improve certain aspects of cognition. Soy protein and isoflavone supplements have not been adequately researched and, therefore, are not recommended at this time. New onset migraine associated with use of soy isoflavone supplements. There are also isoflavone supplements on the market containing significant amounts of daidzein and genistein, another anti-cancer phytoestrogen found in soy. You can also get a good amount of isoflavones from herbal kudzu supplements contains soy isoflavones.

Effects on menopausal symptoms and acceptability of isoflavone-containing soy powder dietary

Isoflavones Help Alleviate Menopausal Symptoms

supplementation. (Reports of hormonal effects in men from dietary soy or isoflavone supplementation are inconsistent, showing no or weak hormonal effects. Thus, the weight of evidence does not strongly support the view that supplementation of the diet with soy or isoflavones alleviates menopausal symptoms. Table 14.1: Dietary intervention studies reporting a beneficial effect of soy or isoflavone supplementation of the diet on menopausal symptoms. Bioavailability of pure isoflavones in healthy humans and analysis of commercial soy isoflavone supplements. Two of the primary soy isoflavones, genistein and daidzein, are found in many supplements. Another problem, hardly ever discussed, is the variable amounts of isoflavones in soy supplements, and how these differ from the levels in soy foods.

Clinicians and researchers are understandably cautious about recommending isoflavone supplements in the treatment of cancer. Because of the estrogen-like behavior of isoflavones, there's some concern that isoflavone supplements could cause cancer. A pilot clinical trial of short-term isoflavone supplements in breast cancer patients. A pilot clinical study of short-term isoflavone supplements in breast cancer patients.

Participants will receive an isoflavone supplement and placebo each for 2-months. Volunteers will be randomly assigned to take two different doses of isoflavone supplement or a placebo (sugar pill). Study 1 was a randomised crossover study whereby subjects consumed a placebo or isoflavone supplement for 2 months and crossed over. Study 2 was a parallel design in which subjects consumed a placebo for 1 month and an isoflavone supplement for 3 months.

If the isoflavone supplement is estrogenic via ER, it should up-regulate OTR in a manner similar to that of estrogen. However, the isoflavone supplement significantly decreased the induction of OTR by estrogen in the VMN. Again, if the isoflavone supplement is estrogenic, it should down-regulate ER β mRNA in a manner similar to that of estrogen. Similarly, ingestion of the isoflavone supplement in combination with both estrogen and progesterone significantly decreased female receptive behavior.

Pueraria Mirifica capsule Pueragold THAI FDA. G. 10/2003 (E)

Pueragold is a premium grade Thai herbal product derived mainly from the White Kwao Krua (Pueraria Mirifica) which contains Phytoestrogen (Natural Plant Estrogen). This all-natural herbal formula stimulates and rebalances older women and men hormones level.

Pueraria Mirifica CAPSULE Pueragold THAI FDA. G. 10/2003 (E)

ALL Natural Dietary Supplement

High Phytoestrogens (especially isoflavones):

*Reduces Menopausal/Post-Menopausal symptoms

*Increases sensitivity and vitality

*Enhances physical and mental ability

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*Darken white hair & increases hair growth

*Alleviates sleep disorder & improves eyesight

*Enhances Breast and Skin Appearance

*Supports Healthy Prostate Function

*Supports Healthy Bone Structure

Ingredients: Pueraria Mirifica and other herbs

Packaging: 60 capsules per box

Recommended Dosage:

Men/Post–Menopausal Women: Take 1 capsule after breakfast and dinner everyday

Precautions: *If should not be used in pregnant women,nursing cervix mothers, or women diagnosed with tumors in estrogen–sensitive organs, e.g., ovary, uterus and breast.

Amporn Saechin is the webmaster of the Pueraria Mirifica High Phytoestrogens

rebalances older women and men hormones level Free BREAST SPRAY
\$ 40 at

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