RHUBARB ROOT

CLINICAL APPLICATIONS

- *Designed to Support Women During Hormonal Transitions*
- *Supports Healthy Hormone Balance*
- *Maintains Normal Inflammatory Balance*
- *Supports Positive Mood*

WOMEN 'S HEALTH

RHUBARB ROOT is a specialized formula designed to address the diverse facets of menopause. At its core, it features rhapontic rhubarb root extract (ERR), a clinically researched ingredient renowned for its therapeutic benefits. This potent botanical extract provides comprehensive relief, addressing the varied and interconnected symptoms women may encounter during menopause. Its primary mechanism of action, acting as a selective estrogen receptor modulator, ensures thorough and safe support throughout this transformative phase.

Overview

Menopause is a natural and transformative phase in a woman's life, typically occurring in the late 40s or early 50s. Hormonal shifts, marked by a decline in estrogen and progesterone, lead to various common symptoms such as hot flashes, night sweats, mood swings, physical and mental fatigue, sexual frustration, and sleep disturbances. The onset of these symptoms commonly begins several years before menopause and persists for up to 5 years after, significantly affecting daily life and overall wellbeing.[1] While hormone therapy (HT) is effective for vasomotor symptoms, concerns about increased risks limit its use.[2] RHUBARB ROOT is a tailored, hormone-free solution for women during this transitional time. By harnessing the proven benefits of ERR, this product specifically addresses hormone balance, maintains a normal inflammatory balance, and provides antioxidant support to help women navigate the challenges of menopause with greater ease and wellbeing.

Rhapontic Rhubarb Root Extract (ERR)

ERR is a phytoestrogen extract derived from the roots of rhapontic rhubarb (*Rheum rhaponticum* L.), also known as Siberian rhubarb and is recognized in scientific literature as a solution for menopausal complaints. It has been used for cooking and medicine for centuries in parts of Asia and Europe. In traditional medicine, its roots were believed to help with various health issues like digestion, heart health, and female reproductive health.[3] Scientists have found that it contains compounds called stilbenoids, some of which act like estrogen, a hormone important for women's health. Specifically, ERR functions as a selective estrogen receptor modulator (SERM).[4] This means that it selectively targets estrogen receptor β (ERβ) in the body, without affecting estrogen receptor α (ERα). This specificity is documented in in-vitro studies and is crucial because it allows ERR to deliver its benefits in addressing menopausal symptoms without influencing other estrogen receptors in the body.[5,6] By targeting ERβ specifically, ERR can provide relief from common menopausal symptoms such as hot flashes and mild mood disturbances while potentially avoiding unwanted side effects associated with the activation of ERα. This targeted action helps ensure efficacy while minimizing the risk of adverse effects. Its mechanism of action also involves modulation of neurotransmitters,[7,8] stabilization of luteinizing hormone (LH) levels,[9] and potential antioxidant activity,[10,11] contributing to its efficacy in alleviating 11 of the most prevalent menopausal symptoms as measured by changes in the Menopause Rating Scale II (MRS II), including hot flashes and mood disturbances.[9,13,14]

Clinical trials support ERR's safety and efficacy, with no adverse events reported over observational periods of up to two years and significant relief observed in menopausal symptoms.[12] In a 12-week randomized, double-blind, placebo-controlled study involving 109 perimenopausal women, ERR significantly improved various menopausal complaints such as hot flashes

and inner restlessness as measured by the MRS II, compared to placebo.[13] Similarly, a 108-week observational study involving 80 subjects showed sustained alleviation of menopausal symptoms with ERR treatment.[9] An open observational study with 252 peri- and postmenopausal women over six months demonstrated significant and sustained improvement in menopausal symptoms with ERR.[14] Another 12-week study with 112 perimenopausal women showed significant reductions in hot flashes and overall menopausal symptoms with ERR compared to placebo.[15] Unlike many other natural remedies, ERR has been studied extensively at the same dose, making it easier for doctors to recommend. Several studies suggest that the use of this ingredient is well-tolerated.[12,13]

Directions

1 capsule per day or as recommended by your health care professional.

Does Not Contain

Gluten, corn, yeast, artificial colors or flavors.

Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

Supplement Facts[V1]

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	% Daily Value
Rhapontic Rhubarb (*Rheum rhaponticum* L.) Root Extract (Providing 2.2 mg Rhaponticin and 1 mg Desoxy-rhaponticin)	4 mg	*

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hypromellose (Natural Vegetable Capsule), Magnesium Stearate and Silicon Dioxide.

References

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