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Optimizing Female Health and Vitality

Lee Carroll B.Sc
Berris Burgoyne ND, B.HSc
Optimizing Female Health

- Endocrine system balance
  - Prolactin/Dopamine
  - Estrogen
  - Progesterone
  - Androgens
- Reproductive tract
  - Support healthy functioning of ovaries, fallopian tubes and uterus
Optimizing Female Health

- Liver
  - Normal detoxification of estrogens and xeno-estrogens
- Occasional stress
  - Adaptive stress response
  - Harmonization of the HPA axis
  - Cellular stress response
Key Products

- FemCo
- Chaste Tree
Key Products

- FemCo
- Chaste Tree
Additional Products

- Adrenal Complex
- Tribulus
- St John’s Wort 1.8g
- Ginkgo Forte
Schisandra fruit 6:1 extract 166.6 mg from *Schisandra chinensis* fruit 1.0 g
White Peony root 4:1 extract 187.5 mg from *Paeonia lactiflora* root 750 mg
Shatavari root 6:1 extract 100 mg from *Asparagus racemosus* root 600 mg

Suggested use: 1 tablet 3 to 4 times daily
White Peony

*Paeonia lactiflora* peeled root is commonly used in traditional Chinese medicine (TCM) to support a wide range of gynecological challenges often in combination with other herbs.
Shatavari – 100 Husbands

“She who possesses a hundred husbands”

- Traditionally Shatavari is regarded as a female reproductive tonic with rejuvenative action and as a tonic for general health and fatigue
- It has been used to support conception and to alleviate menopausal discomfort\(^1\)
-Contains steroidal saponins,\(^2\) which support a subtle estrogen modulating activity

1. Frawley D. Lad V. The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine, 2\(^{nd}\) Edn. Lotus Press, Santa Fe, 1988
Shatavari

- Promotes general well-being and resistance to occasional stress
- Promotes estrogen balance
- Relieves menopausal symptoms and discomfort
- Improves vitality
- Relieves dryness of tissue including the reproductive system
Schisandra – Five Flavors

- Schisandra fruit is indicated in TCM for a wide variety of challenges\(^1-^3\)
- Used in the Far East as a tonic, particularly in fatigue. Indigenous Siberians used the dried Schisandra berries to combat fatigue during hunting trips\(^4-^6\)
- Schisandra enhances mental and physical efficiency in healthy volunteers\(^7\)
- An ancient TCM text records that Schisandra is used to “resolve wine toxins”\(^8\)
Schisandra lignans enhanced phase I/II hepatic metabolism when administered orally (in vivo)$^{1-3}$

- Supported the metabolism of estradiol$^2$
- Supported metabolism of alcohol$^4$
- Supported ethanol-induced oxidative stress$^5,6$

Schisandra lignans support normal hepatocellular defenses$^3$
Schisandra: Clinical Studies

- Increased superoxide dismutase activity\(^1\)
- Supported normal liver enzyme production in patients with liver challenge\(^2,3\)
- Supported metabolism of conventional therapies via the liver\(^4\)

1. Ding KX. Zhongguo Laonianxue Zazhi 1990; 10: 112
3. Han DW, Xu RL, Yeung SCS. Abst Chin Med 1988; 2(1): 105-134
FemCo

Schisandra fruit 6:1 extract 166.6 mg
from *Schisandra chinensis* fruit 1.0 g

White Peony root 4:1 extract 187.5 mg
from *Paeonia lactiflora* root 750 mg

Shatavari root 6:1 extract 100 mg
from *Asparagus racemosus* root 600 mg

Suggested use: 1 tablet 3 to 4 times daily
FemCo: Key Applications

- Everyday female support
- Promotes health, vitality and wellness from adolescence to menopause and beyond
- Specific female support for occasional stress
- Liver Support
- Supports normal female reproductive function
- Encourages healthy menstruation cycling
- Eases discomfort associated with the menstrual cycle
- Premenstrual syndrome relief
FemCo: Key Applications

- Adjunctive support for:
  - Healthy blood
  - Healthy endocrine/hormonal balance
  - Healthy ovarian function
  - Healthy reproductive function and sexual health
FemCo: Additional Applications

- Supports normal prolactin levels
- Supports female puberty
- Eases muscle cramping, especially in the legs
- Supports memory and concentration
- Improves physical and exercise performance
How to Use FemCo

- Everyday for female health, vitality, wellness
- FemCo becomes the foundational MediHerb product for the premenopausal female
- Female general health protocol example
  - FemCo, 3 tablets daily
  - Catalyn®, 6 tablets daily
  - Symplex® F, 6 tablets daily
Are you juggling more responsibilities than ever before?

The everyday pressures of life can affect your body in ways you may not be aware of. FemCo is an effective product to support female health and well-being.

FemCo may help to:

- Ease the effects of everyday tension and stress
- Ease the effects of cramping associated with menstruation
- Support normal reproductive and liver functions

Ask your health care professional today for more information on FemCo

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. © MediHerb Ltd. All rights reserved. 02/15 03/15
Chaste Tree

Chaste Tree fruit 6:1 extract 83.3 mg
from *Vitex agnus-castus*
fruit 500 mg

Suggested use:
1 tablet 1 to 4 times daily
Chaste Tree: Key Applications

- Promotes a natural, healthy balance within the female endocrine system (particularly in relation to supporting normal progesterone levels)
- Encourages healthy menstrual cycling
- Eases discomfort and temporary feelings of tension associated with premenstrual syndrome
- Supports normal reproductive function in women
- Maintains healthy skin in circumstances requiring a normal hormone balance (in men and women)
Premenstrual Syndrome (PMS)

- PMS encompasses a wide variety of mood, somatic and behavioral challenges that occur in the late luteal phase and subside after the onset of menses

- Challenges of PMS include:
  - Breast discomfort
  - Abdominal bloating
  - Temporary fluid accumulation in tissues
  - Increased desire for selected foods
  - Reduced energy
  - Headaches and clumsiness
Premenstrual Syndrome

- Emotional challenges of PMS include:
  - Mood challenges
  - Feelings of tension
  - Reduced ability to cope with normal events
  - Challenged cognitive function
PMS - Incidence

- According to epidemiologic surveys approximately 75% of menstruating women experience some PMS related challenges
- The most common challenges reported were feelings of tension, fatigue, physical swelling and bloating
- Almost 75% of women with PMS never sought help with many believing there was no support available

PMS - Etiology

“The exact cause of PMS is uncertain, but fundamentally it is due to hormonal fluctuations during the menstrual cycle and the resulting complex interaction between ovarian steroid hormones and central nervous system neurotransmitters...”

Chaste Tree - PMS

- Chaste Tree is a key herb for PMS support
- Research has shown that Vitex exerts a dopaminergic like effect at the anterior pituitary
- Dopamine and prolactin are counter-regulatory
- This has particular relevance for women with occasional stress and/or premenstrual challenges
- Prolactin levels can be challenged by occasional stress
Chaste Tree - PMS

- A Vitex extract optimized for dopaminergic phytochemicals was studied in a double-blind placebo-controlled trial
- Improvements in self-assessed PMS symptoms were greater in the Vitex group (p<0.001)
- Challenges included feelings of tension, mood changes, headache, breast fullness, bloating
- Responder rates were 52% for active and 24% for placebo

Schellenberg R. Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomised, placebo controlled study. *BMJ* 2001; 322(7279):134-37
Chaste Tree - Prolactin

- Increased prolactin inhibits corpus luteal development and women with prolactin challenges usually exhibit shortened luteal phases of their cycle.

- Vitex may support normal progesterone levels by decreasing the effect of prolactin on normal corpus luteal development rather than by supporting LH as previously thought.

- No doubt there are also other mechanisms of action behind the activity of Vitex.

Chaste Tree - Prolactin

Clinical Support for Dopaminergic Activity

- Supported healthy prolactin levels
- Balanced menstrual cycle
- Eased the discomfort associated with PMS

Chaste Tree - Melatonin and Sleep

- Chaste Tree supported melatonin by approximately 60% and improved sleep quality in 20 healthy males aged 20 to 32 years.

The use of St John’s Wort to support mood is supported by a large number of clinical trials.

Results of an open pilot trial of St John’s Wort in PMS yielded positive results.

Improvement in overall PMS scores was 51% with two-thirds experiencing at least a 50% reduction in challenges.

Ginkgo - PMS

- In a French study Ginkgo (Ginkgo biloba) was shown to be effective for congestive challenges of PMS, particularly breast discomfort.
- Neuropsychological challenges were also improved.
- Study used Ginkgo extract 160 mg/day.
- Equivalent to 2 1/2 MediHerb Ginkgo Forte tablets.

Ginkgo - PMS

- Ginkgo decreased physical and psychologic challenges, compared to placebo (p<0.001)
- 85 medical students took part in the study
- Study used Ginkgo extract 120 mg/day
- Equivalent to 2 MediHerb Ginkgo Forte tablets

PMS – Core Support

- Mood challenges, fatigue, breast fullness, abdominal bloating
  - Chaste Tree, 1 to 2 tablets per day
  - FemCo, 3 to 4 tablets per day
  - Symplex F, 3 tablets per day

Taken throughout the cycle for at least 3 months
PMS with Mood Challenges

- Core Support
  AND select as appropriate
- Nevaton®, 3 to 4 tablets daily when extra mood support needed
- Valerian Complex, 3 to 4 tablets per day to improve sleep quality and promote calm
- Rhodiola & Ginseng Complex, 2 to 4 tablets daily to support mood, promote calm and boost vitality
- Skullcap 1:2, 5 mL 1 to 2 times daily if feelings of tension predominate
PMS with Breast Discomfort

- Core Support
- AND
- Ginkgo Forte tablets, 2 to 3 daily
- Withania Complex tablets, 1 tablet 2 to 3 times daily
Specific Female Support
Adrenal Complex

Licorice root 7:1 extract 250 mg
from *Glycyrrhiza glabra* root 1.75 g
Containing glycyrrhizin 25 mg

Rehmannia rhizome 5:1 extract 150 mg
from *Rehmannia glutinosa*
rhizome 750 mg

Suggested use: 1 tablet 2 to 3 times daily
Licorice supported body composition by inhibiting the enzyme 11B-hydroxysteroid dehydrogenase type 1

White Peony (FemCo)

- Licorice and White Peony are used in traditional Chinese and Japanese medicine to support normal female:
  - Testosterone levels\(^1,2,3,4\)
  - Prolactin levels\(^1,3\)
  - Estrogen levels\(^1\)
  - Conception\(^4\)
References: Previous slide


Tribulus

Tribulus herb (aerial parts) 55:1 extract 245 mg from *Tribulus terrestris* herb (aerial parts) 13.5 g Containing furostanol saponins as protodioscin 100 mg

Suggested use: 1 tablet 1 to 3 times daily
Tribulus

- *Tribulus terrestris* extract taken on days 5-14 of the menstrual cycle for 2-3 months supported ovulation (67%)\(^1\)
- Supported hormone levels\(^2\)

General Reproductive Support

- FemCo, 3 to 4 tablets daily
- Chaste Tree, 1 to 2 tablets daily
- Tribulus, 2 tablets 2 times daily from day 5 to 14 of the menstrual cycle
- Wheat Germ Oil, 6 perles daily
- Symplex F, 6 tablets daily
General Estrogen Support

- FemCo, 3 to 4 tablets daily
- Chaste Tree, 1 to 2 tablets daily
- Silymarin, 1 tablet daily
- Cruciferous Complete™, 3 capsules 2 times daily
General Androgen Support

- FemCo, 3 to 4 tablets daily
- Chaste tree, 2 tablets 2 to 3 times daily
- Adrenal Complex, 2 to 3 tablets daily
- Symplex® F, 6 tablets daily
- Ovex®, 6 tablets daily
Questions