

EstroPrime Plus™

EstroG-100®, Lifenol®, Gravinol®, Succinate

EstroPrime Plus™ contains four unique ingredients which play various roles in easing the typical discomforts that can accompany menopause.* The formula includes the following researched ingredients: EstroG-100® (comprised of three Korean herbs), patented Gravinol® grape seed extract, patented Lifenol® female hops cone extract, and succinic acid.* Women approaching or going through menopause will find EstroPrime Plus™ to be a welcome addition to their nutritional program.*

EstroPrime Plus™ replaces three of our previous formulas. It contains EstroG-100®, the primary ingredient in our former product EstroPrime. It provides succinic acid, which we previously sold separately. It also will replace WomanPrime, a classic formula which is now somewhat out of date. EstroPrime Plus™ does not use soybeans, black cohosh, or red clover.



#76840

60 vegetarian capsules

Key Features

- A unique combination for easing the typical discomforts of menopause*
- Korean herbs help ease hot flashes, vaginal dryness, joint pain, support mental clarity*
- Patented hops cone flavonoid extract also may assist with menopausal discomforts*
- Succinic acid may help to ease hot flashes, headache, and anxiety*
- Patented Gravinol® grape seed extract supports healthy circulation, digestion, skin, and eyes*



EstroG-100® is a unique blend of botanical extracts, *Phlomis umbrosa*, *Cynanchum wilfordii*, and *Angelica gigas* Nakai. It can help regulate circulating estrogen through selective estrogen receptor modulation, but does not bind to estrogen receptors.* Research suggests that this herbal combination may help ease temporary symptoms associated with perimenopause and menopause, including hot flashes and vaginal dryness, as well as support mental clarity.*

In a randomized, double-blind, 12-month study with menopausal women at Samsung Cheil Hospital in Korea, 57 percent of women with menopausal symptoms in the EstroG-100® group resolved their symptoms at three months, and 58 percent of women without menopausal symptoms felt better after three months.* After a year, the EstroG-100® group showed a statistically significant increase in femoral neck bone density and a decrease in serum osteocalcin levels (increased levels of osteocalcin indicate increased bone turnover).* Additionally, human growth hormone increased by 268 percent, and Body Mass Index (BMI) measures were enhanced.*

EstroG-100® has been used in South Korea for many years with no reports of side effects or toxicity. Doses up to 2000 mg/kg of body weight did not show any toxicity in animal studies.



Lifeno® is a patented flavonoid extract of female European hops cone, which has shown potential to relieve hot flashes, vaginal dryness, and other menopausal discomforts.*

In an unpublished study, 67 women were given Lifeno® once a day. At six weeks and again at twelve weeks, the women reported relief from hot flashes.* In another trial, women were given Lifeno® extract or a placebo for sixteen weeks. At the halfway point, both the placebo group and the hops group had improvement. The treatments were switched for the last eight weeks, and at sixteen weeks, Lifeno® showed superior results for vaginal dryness and hot flashes.* The researchers reported, "Hop-derived prenylated flavonoids may provide an attractive addition to the alternative treatments available for relief of hot flashes and other menopausal discomforts."*

Researchers at the University of Illinois identified the active compounds in hops and studied how these compounds are metabolized. They found that estrogenic 8-prenylnaringenin is found in hops, and it also is formed in the human liver from the more abundant hops fractions, xanthohumol and isoxanthomul.* Standardization in 8PN removes much of the alpha and beta acids responsible for hops' sedative effects.



Gravinol® grape seed extract is a unique, patented extract of oligomeric proanthocyanidins (OPCs) from premium grape seeds. OPCs are active phenolic compounds which have powerful antioxidant properties.* Randomized controlled trials have documented that OPCs from grape seed are effective in supporting healthy circulation and vascular integrity, normal water retention, and plasma oxidation resistance.* The Gravinol® extract has been shown to support the cardiovascular system, the skin and eyes, help protect the stomach lining, and improve fecal flora and odor in healthy adults.*

Gravinol® was developed by Kikkoman Corp., with rigorous *in vivo* and *in vitro* studies. It is produced through a proprietary process without the use of chemical solvents. Gravinol® was winner of the 1999 Japan Bioscience, Biotechnology & Agrochemistry Society Award for Achievement in Technological Research.



A formula with **succinic acid** as the primary component was studied in 2008 by researchers at the Institute of Theoretical and Experimental Biophysics in Moscow for its effects on normal menopausal symptoms. An initial study on aging menopausal mice demonstrated restoration of the normal estrus cycle and increase in the calcium content of bone tissue.* A five week, randomized, double-blind, placebo-controlled clinical study with early menopausal women significantly lowered most subjectively evaluated characteristics of menopausal syndrome, and increased blood serum levels of estradiol fourfold.* Among the symptoms affected were hot flushes, headache, and anxiety.* The succinate-based program was free of adverse side effects.*

Supplement Facts

Serving Size	1 capsule	
Servings Per Container	60	
Amount Per Serving	% Daily Value*	
Magnesium (as Magnesium Succinate)	20 mg	5%
EstroG-100® (as <i>Phlomis umbrosa</i> Extract, <i>Cynanchum wilfordii</i> Extract, <i>Angelica gigas</i> Nakai Extract)	257 mg	†
Succinic Acid (as Magnesium Succinate)	110 mg	†
Grape Seed Extract (83% Oligomeric Proanthocyanidins) (Gravinol®)	50 mg	†
Female Hops Cone Extract (Lifeno®)	42.5 mg	†

† Daily Value not established

*Percent Daily value based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Suggested Use: As a dietary supplement, adult females take 1 capsule two times daily, or as directed by a healthcare professional.

Warning: Not for use by pregnant or lactating women.

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Gravinol® Grape Seed Extract is a product of Kikkoman Biochemifa Company (Tokyo, Japan).

Lifeno® is a trademark of Naturex.