

Flashes No More®

Menopausal Support*

Flashes No More® 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 Lifenol® female hops cone extract, standardized grape seed extract, and succinic acid.* Women approaching or going through menopause will find Flashes No More® to be a welcome addition to their nutritional program.*

Flashes No More® 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 It also will replace WomanPrime, a classic formula which is now somewhat out of date. Flashes No More® 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 and vaginal dryness, and support emotional balance.*
- Grape seed extract supports healthy circulation, digestion, skin, and eyes*



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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.



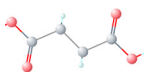
Lifenol® is a patented flavonoid extract of female European hops cone, which has shown potential to relieve hot flashes, vaginal dryness, and other menopausal discomforts.*

In an unpublished study, 67 women were given Lifenol® once a day. At six weeks and again at twelve weeks, the women reported relief from hot flashes.* In another trial, women were given Lifenol® 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, Lifenol® 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.



Grape seed extract is standardized to 83% 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.*



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 and vaginal dryness.* 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)	50 mg	†
Female Hops Cone Extract (Lifenol®)	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, silicon dioxide.

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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Lifenol® is a trademark of Naturex.