

MENOPAUSE DROPS™**NPN: 80133811****1 mL of Oral Tincture contains:****Red Clover Isoflavone Extract** 13.33 mg AIE* (*Trifolium pratense* flower)**Black Cohosh** 50.7 mg DHE** (*Actaea racemosa* root)**Blue Cohosh** 30.4 mg DHE** (*Caulophyllum thalictroides* root)**Ginger** 22.2 mg DHE** (*Zingiber officinale* rhizome)**Squawvine** 20.4 mg DHE** (*Mitchella repens* flower parts)**Raspberry** 17.0 mg DHE** (*Rubus idaeus* leaf) **Crampbark**11.1 mg DHE** (*Viburnum opulus* bark) **Valerian** 11.1 mgDHE** (*Valeriana officinalis* root) **Eleuthero** 10.0 mg DHE**(*Eleutherococcus senticosus* root)**Uva-ursi** 10.0 mg DHE** (*Arctostaphylos uva-ursi* leaf)**Blessed Thistle** 8.2 mg DHE** (*Cnicus benedictus* herb top)**Lady's-mantle** 6.7 mg DHE** (*Alchemilla xanthochlora* herb top)**Lobelia** 6.0 mg DHE** (*Lobelia inflata* herb top)**Dong Quai** 5.9 mg DHE** (*Angelica sinensis* root)**Bayberry** 5.6 mg DHE** (*Morella cerifera* bark)**Damiana** 4.8 mg DHE** (*Turnera diffusa* var. *aphrodisiaca* leaf)**Chinese Licorice** 4.8 mg DHE** (*Glycyrrhiza uralensis* root)**Indian Sarsaparilla** 4.8 mg DHE** (*Hemidesmus indicus* root)**False Unicorn** 4.1 mg DHE** (*Chamaelirium luteum* root)**Safflower** 3.4 mg DHE** (*Carthamus tinctorius* flower)

Non-medicinal ingredients: purified water, ethanol USP, glycerin, spearmint flavour. *AIE = Aglycone Isoflavone Equivalents. **DHE = Dry Herb Equivalent.

Directions of Use: Menopausal and postmenopausal women take 1 mL, 3-5x/day (5 mL=1 tsp). Take a few hours before or after any medication or natural health product. Do not take with highly acidic foods (e.g. citrus fruits and juice) or medications, which may acidify urine. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy. For hot flashes/night sweats, use for several weeks to see beneficial effects. Consult a health care practitioner for use beyond 6 months.

Indications: Helps relieve symptoms associated with menopause. May reduce severe and frequent menopausal symptoms such as hot flashes/flushes and night sweats. When used with adequate amounts of calcium and vitamin D, helps to reduce bone mineral density (BMD) loss in post-menopausal women.

Detailed Information:

While defined as a discrete measurable event marked by the final menstrual period (FMP)¹ menopause is only diagnosed retrospectively, after 12 consecutive months of amenorrhea (abnormal absence of menstruation)².

Yet, menopause is a natural physiological process that occurs over one or more years before the FMP (final menstrual period) when variability in the menstrual cycle begins to increase^{1,2,3} and a number of physiological and hormonal changes occur, including, but not limited to dysmenorrhea (moderate to severe menstrual pain), amenorrhea and, especially, menorrhagia (heavy menstrual bleeding) and metrorrhagia (abnormal bleeding between regular menstrual periods)^{1,2,4,5}. Broad, effective and gentle treatment of menopause and its symptoms requires the support of reproductive, nervous, endocrine and cardiovascular systems^{4,5,6}. Effective treatment necessarily therefore involves use of uterine tonic, nervine relaxant, antidepressant, hormonal normalizing, and/or bitter tonic and stimulant herbs that help to reduce the frequency and intensity of undesirable effects or symptoms, and that, together, also help the body to adapt to new hormone levels, to ultimately alleviate any negative impact that menopausal symptoms may have on what is a normal physiological/life change in women as they mature^{4,5}.

Among the main active ingredients of the Menopause Drops™ formulation, the isoflavone extract from the flower of red clover has been clinically shown to reduce severe and frequent menopausal symptoms such as hot flashes/flushes and night sweats⁷, and to help attenuate/reduce the loss of bone mineral density (BMD) in post-menopausal women when used with adequate amounts of calcium and vitamin D⁸, when taken at 40-100 mg total Aglycone Isoflavone Equivalents (AIE) per day⁹.

In addition to helping to relieve premenstrual symptoms and symptoms associated with menopause generally^{10,11,12}, the root and/or rhizome of **Black Cohosh** when used in Herbal Medicine at a crude dried equivalent dosage of 40-2,400 mg/day¹³, also (Traditionally) helps to relieve the pain associated with menstruation^{5,11,12,14,15,16}, the muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis and/or fibrosis), the pain associated with neuralgia (such as sciatica)^{5,15,16,17}, and to ease nervous tension (calmative)^{5,14,15,16,17}.

While blue and black cohosh are unrelated herbs, they are often Traditionally used for the same indications, and are frequently combined to provide a more balanced treatment for nerves, and to enhance the herbs' antispasmodic, anti-inflammatory and uterine tonic effects^{17,18,19,20}. Evidence suggests that **Blue Cohosh** may have estrogenic effects, by enhancing estradiol binding to estrogen receptors, and increasing estradiol-induced transcription activity in estrogen responsive cells²¹. In animal models, blue cohosh has also been shown to reduce luteinizing

hormone (LH) levels and increase serum ceruloplasmin oxidase activity, a measure of estrogenic activity in the liver²¹. The evidence supports the Traditional and complementary use of blue cohosh in Herbal Medicine at up to 3 g/day of dried root for estrogen deficiency conditions, including amenorrhea and premenstrual syndrome (PMS)^{17,18,19,20}.

Squawvine, also known as partridgeberry herb, is extensively used in Traditional and Native American/Indigenous Medicine^{6,17}. Like the remaining herbs in the Menopause formulation, it is complementary and supportive in its action. It is tonic to the uterus and ovaries, and is Traditionally taken at crude dried equivalent doses up to 14 g/day to normalize menstruation, and to help relieve menorrhagia and dysmenorrhea^{6,18,22,23}. It is an effective female regulator⁶, and is soothing and strengthening to the uterus, in hysteria, leucorrhea (vaginal discharge), prolapsus, in rheumatic or neuralgic pain, and in chronic painful menstruation²². It is recommended for all manner of uterine complaints¹⁶, especially painful and irritant conditions of the female reproductive tract^{6,18,23}.

Raspberry Leaf is astringent, tonic and parturient^{6,17,19,20}, and is considered to be an effective stimulant and regulator of the uterus^{6,23,25, 26}. The herb is used Traditionally in Herbal Medicine as a general gynecological aid for a wide range of female concerns²⁶, including menstrual irregularities²⁷, PMS, dysmenorrhea and other gynecological conditions in which a uterine spasmolytic is beneficial⁴.

In Traditional Herbal Medicine **Crampbark** is one of the best female regulators and relaxants of the ovaries and uterus, quickly relieving the uneasiness and pain associated with uterine and abdominal cramping, being useful in dysmenorrhea, as well as menorrhagia, ovarian irritation, and all manner of relieving irregular spasmodic pains of the womb and ovaries¹⁵, and also useful for excessive menstrual bleeding, and for PMS when combined with ginger and dong quai²⁷. Since the herb is more relaxant than restorative, it is particularly suited for use in spasmodic and congestive dysmenorrhea with severe cramping²³.

Ginger is commonly added to female tonics for its anti-emetic, carminative, antispasmodic, anti-inflammatory, and analgesic effects^{4,11,12,15,19}, and to enhance the actions of other herbs with which it is combined⁴. It is commonly used to help prevent nausea and vomiting associated with motion sickness and/or seasickness, and Traditionally used in Herbal Medicine to help relieve digestive upset including

lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic (*i.e.* carminative)²⁸. It is also remarkably effective at helping to relieve menstrual cramps, especially when combined with blessed thistle and cramp bark, and arresting excessive menstrual flow^{5,29}. It is Traditionally indicated in dysmenorrhea and PMS, to help relieve nausea, stive spasms, indigestion, dyspepsia cramping, and stomach upset^{15,19,20}, there is clinical evidence to support the Traditional use of ginger for dysmenorrhea³⁰. Its analgesic effects are attributed to the ability of the herb and/or its constituents to decrease prostaglandin production⁴.

The dried root of **Valerian** has long been recognized for use (Traditionally) in Herbal Medicine for its anxiolytic, antispasmodic, and relaxant/calmativ effects^{4,11,12,19,27,31,32,33}. Its sedative action is more like a nervous system depressant than a muscle relaxant³⁴. It has been shown to clinically reduce subjective sensations of anxiety, without measurable sedation³⁵.

Eleuthero is an adaptogen, (*i.e.* a nontoxic herb with few side effects that is nonspecific in its action and normalizing), regardless of whether the pathological state is hypo- or hyper-functional^{4,11,12,32,36,37,38}. It is used in Herbal Medicine as a tonic to help relieve general weakness/fatigue and/or to aid during recovery, and to help improve mental and/or physical performance after periods of mental and/or physical exertion^{4,5,11,12,32,39}. Both its tonic and adaptogenic effects contribute to its usefulness in menopause by helping to modulate hormonal changes and associated effects that characterize menopause, thereby helping to return the individual to a "healthy" state. Specifically, the herb helps to relieve general debility and fatigue, relieve insomnia, treat chronic inflammatory conditions, edema, muscle spasms, joint pain, and difficult urination^{4,12,28,37} that may occur at any time during menopause.

Uva Ursi has a long history of use in Herbal Medicine as a diuretic and urinary antiseptic^{11,12,40} with specific healing, strengthening and tonic effects on the entire genitourinary system^{22,29,41}. In Traditional/ Folk Herbal Medicine it is considered to be beneficial in cases of uterine hemorrhage and profuse menstruation²⁹, and has particular service in passive menorrhagia and in the treatment of leucorrhea (vaginal discharge), especially when associated with flaccid conditions of the womb and vagina, and with prolapsus, conditions that commonly occur in or are symptomatic of menopause^{6,16,22,42}.

The flower parts of **Blessed Thistle** are Traditionally used in Herbal Medicine as a digestive tonic and bitter

to increase appetite, aid digestion (stomachic) and help to relieve indigestion (dyspepsia)⁴³. Blessed thistle is also Traditionally used as a female tonic and emmenagogue⁴¹ that helps to stimulate menstrual flow and activity^{5,16}, and to buildup the female reproductive system and regulate menstruation generally^{6,29}. It is also useful for intermittent fevers^{6,16}. In Folk medicine, its use as a biliary remedy is supported by its bitter/cholagogic activity^{11,20}. Support of liver function is essential in women's health, since the liver is the site of breakdown of the female hormones, and a sluggish liver may contribute to hormone imbalance⁴.

The tannin and flavonoid contents of **Lady's-mantle** herb preparations support their Traditional use in Herbal Medicine as an astringent, antihemorrhagic and anti-inflammatory agent for mild diarrhea, passive hemorrhage, menorrhagia and metrorrhagia^{17,23,24,41}. Lady's-mantle is Traditionally recommended for all manner of gynecological inflammation, to tonify reproductive "qi", and to harmonize menstruation and menopause²³. The German Commission E approved use of the herb for diarrhea⁴⁴, although its Folk/Traditional use in Herbal Medicine for menopausal complaints and dysmenorrhea is also recognized⁴⁵.

Lobelia is a powerful nerve and antispasmodic that helps to reduce pain and alleviate tension^{15,29} that may accompany menstruation. Nerve tonics, sedatives and antispasmodics are important components of combinations / formulations used to treat dysmenorrhea and other female problems^{4,5,23}. The herb helps to relieve pain due to spasm of any character¹⁵. It is one of the most useful systemic relaxants available, useful in combination with other herbs to enhance their effectiveness when relaxation is needed⁴⁶. Lobelia's main active constituents, piperidine alkaloids and bitter glycosides, effect useful antispasmodic, diaphoretic, relaxant and diuretic properties when administered even in only very small amounts^{12,16,47}.

In Traditional Chinese Medicine (TCM), **Dong Quai** regulates "qi" and "blood", helping to invigorate and harmonize/tonify the blood⁴⁸. Dong quai is also used in Traditional Herbal Medicine for treatment of a range of female/gynecological problems, as a uterine tonic, emmenagogue, spasmolytic, sedative, analgesic, and alterative^{4,49, 50, 51}. Combined with other herbs, dong quai helps to tonify and strengthen the uterus, and to be of particular use for menstrual irregularity, abnormal menstruation, and PMS^{4,19,20,27,29,49,50,51}.

Dried **Bayberry Bark** is astringent, circulatory stimulant, and mildly diaphoretic and choleric in its actions^{17,22,24}. It is specific for mucous colitis^{20,22,24},

and is used in Traditional Herbal Medicine for internal hemorrhage/bleeding and uterine prolapse²⁰, as well as chronic menorrhagia and leucorrhoea with prolapse¹⁷.

Damiana Leaf preparations are widely used in Traditional Herbal Medicine for depression, anxiety, sexual inadequacy, debilitation, bladder leakage, amenorrhea, gastric ulcers, and atonic constipation^{12,22,52}. Damiana is a stimulant restorative that is particularly useful in patients presenting with chronic loss of sexual power/libido, bladder problems, constipation, and appetite loss²⁰. It is tonic to the entire genitourinary system, helping to strengthen the reproductive organs, regulate menstruation, and to relieve spasmodic dysmenorrhea and urinary incontinence, symptoms commonly associated with PMS²⁰. It has a regulating effect in PMS, late periods and dysmenorrhea (Holmes 2007), and is therefore useful in helping to relieve many of the symptoms associated with menopause⁵³.

In TCM, **Licorice Root** is a component of virtually all herbal formulae in small amounts, to help harmonize and direct the effects of the various other ingredients^{20,53,54}. Licorice root has anti-inflammatory, expectorant, antitussive, antispasmodic, emmenagogue, demulcent, cholagogue, mild laxative, and adrenal tonic effects^{12,20,54,55}. It is useful in menopause and PMS as a hormone normalizer/adaptogen, adrenal tonic, anti-inflammatory and antispasmodic, to help support liver function, and to provide support for the whole body against stress²⁰.

Indian Sarsaparilla Root has been used Traditionally in Ayurvedic Medicine as a tonic, alterative, demulcent, diaphoretic, diuretic, blood purifier, antibacterial, anti-diarrheal, anti-inflammatory, and immune-suppressant^{16,41,56,57,58,59,60}. The herb has a large number of Traditional indications that depend on these actions, including dyspepsia, fever, kidney and urinary diseases, chronic rheumatism, and leucorrhoea^{56,61,62}.

False Unicorn is considered to be one of the best and most positive stimulant tonics for the uterus and ovaries^{6,18}. It was Traditionally used by Native Americans for a wide range of woman's complaints, and is used in Traditional Herbal Medicine for amenorrhea, dysmenorrhea, menorrhagia, leucorrhoea, pelvic congestion and other menstrual disturbance^{6,12,15,16,18,20,22,45}. Its support of estrogen function in the body^{4,19} contributes to its usefulness as a female tonic. As well, the herb's bitter tonic action makes it useful in helping to alleviate various digestive complaints^{6,16,17}, some of which may accompany PMS and other menstrual

difficulties associated with menopause^{15,16}

The dried flowers of **Safflower** have been used Traditionally worldwide, in Ayurvedic Medicine for jaundice⁵⁶, in TCM to move “stagnant blood”, to regulate menstruation, and relieve pain caused by blood stasis⁵⁴, and in Traditional Herbal Medicine it is used in amenorrhea to stimulate menstruation, to help relieve abdominal pain, treat fevers and skin rashes, and to cleanse and heal wounds and sores^{16,45,63,64}. The herb is clinically used in China to treat coronary disease, thrombotic disorders and menstrual disturbances⁶³.

The specific combination of herbal ingredients making up the Strauss branded **Menopause Drops™** formulation is unique. The product was designed to provide a safe, balanced product for self-use by menopausal and pre- and post-menopausal women for gentle and effective management/treatment of their symptoms. While the formulation relies primarily on the actions of red clover isoflavone extract⁹ and black cohosh¹³, the other herbs provided in lesser amounts when the product is taken as recommended together help to support reproductive, nervous, genitourinary, endocrine and cardiovascular systems to help mitigate a range of menopausal symptoms, including palpitations, dizziness, or faintness that may be associated with hot flushes/flushes, depression, insomnia, and/or anxiety, loss of genitourinary tone, general weakening of pelvic tissues, and prolapsus, dysuria, irregular menstruation, dysmenorrhea, amenorrhea, menorrhagia, and metrorrhagia, reduced vaginal lubrication, leading to itching and dyspareunia, and increased risk of hypertension, atherosclerosis and osteoporosis as estrogen levels decline^{4,5}.

Cautions and Warnings:

Keep out of reach of children. Consult a health care practitioner if symptoms persist or worsen; before use if you have a kidney disorder or blood pressure problems, cardiovascular disease, diabetes, or stomach ulcer or inflammation.

Contra-Indications:

Do not take if you are pregnant or breastfeeding, are experiencing excessive uterine bleeding, or within 1 hour of other herbal or medicinal preparations. Avoid taking with alcohol, other medications and/or natural health products with sedative properties.

Known Adverse Reactions:

Hypersensitivity/allergic reactions are known to occur, in which case discontinue use.

Recommended Product Pairing:

Take with Strauss Heartdrops® and/or Strauss Cardio Calm Drops™.



Strauss Naturals Ltd

929B Laval Crescent, Unit 5
Kamloops BC V2C 5P4

Local/Int: 250 376 5216
Toll Free Phone: 1 866 478 2873

info@straussnaturals.com

www.straussnaturals.ca

References available upon request. © Copyright 2024 Strauss Naturals Ltd. All Rights Reserved.

Disclaimer: The information contained in this article is for educational purposes only. It is not intended as a substitute for the diagnosis, treatment, or advice of a qualified, licensed medical professional. The facts presented are offered as information only, not medical advice, and in no way should anyone infer that we are practicing medicine. Seek the advice of a medical professional for proper application of this material to any specific situation. No statement in this article or on our website has been evaluated by the Food and Drug Administration. Any product mentioned or described in this article or on our website is not intended to diagnose, treat, cure, or prevent any disease.