



Flash Relief* Non-hormonal Menopause Support

Black Cohosh, *Cimicifuga racemosa*

Black cohosh is an herb found in the buttercup family that was once thought to have estrogenic activity, but in fact has been shown in multiple studies more recently to not increase estrogen levels at all. Instead, it may act as a selective-estrogen receptor modulator, thus blocking estrogen's harmful tumor proliferating effects. It is especially helpful during menopause, and can relieve hot flashes, night sweats, mood swings, pain, and inflammation. Additionally, black cohosh is thought to have positive effects on blood sugar regulation in menopausal women.

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Ashwagandha, *Withania somnifera*

Ashwaganda is also known as Indian Ginseng, and is an adaptogenic herb from the Nightshade family with its origins in India, Africa, and parts of the Middle East. Ashwagandha has long been used in Ayurvedic medicine to increase energy, improve overall health, reduce inflammation, pain, and anxiety, and relieve symptoms caused by stress. Prescribed for “nervous exhaustion” it can tonify the adrenals for optimum stress-hormone regulation, address cognitive decline, and increase immunity. More recently, it has been shown in clinical trials to alleviate mild to moderate menopausal symptoms.

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Gamma Oryzanol is a substance taken from rice bran oil. It decreases vasomotor symptoms of menopause, and it plays an important role in blood lipid reduction. Gamma oryzanol may therefore decrease the risk of stroke and heart disease.

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Hesperidin is a plant chemical from citrus fruits called a “bioflavonoid.” Its super-power is its protective anti-inflammatory effect on blood vessels that strengthens capillaries. This can be experienced as reduced bruising, blood pressure, and hot flashes. Bioflavonoids act as anti-oxidants, which makes Hesperidin a focus of cancer research on nutrients. It may increase calcium absorption in the bones of post-menopausal women, thus improving bone health. Its action on vasculature can reduce the severity of menopausal vasomotor symptoms.

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