

Dioscorea villosa: Wild yam (*Dioscorea villosa*) has antispasmodic and anti-inflammatory properties that first earned *Dioscorea villosa* the name “colic root” because of the gastrointestinal relief it offers. Its ability to relieve inflammatory and spasm conditions of the female reproductive organs or any pains caused by spasm has expanded its use. *Dioscorea villosa* has the ability to relax the autonomic nervous system and therefore decrease vasomotor symptoms such as hot flushes and night sweats which are associated with autonomic dysfunction. Diosgenin, an active constituent of *D. villosa*, has also demonstrated antitumor and antiproliferative activity. The *Dioscorea villosa* extract in this formula is the true herbal extract – not progesterone.♦

Peony Root: Peony (*Paeonia lactiflora*) has traditionally been used to treat excessive uterine bleeding and excessive vaginal discharge (leucorrhea) as well as menopause symptoms. Traditional use for brain dysfunction is validated by animal studies demonstrating its cognitive enhancing abilities. Other studies have demonstrated strong antioxidant, anticancer, cholesterol lowering and antihyperglycemic properties.♦

References:

- Agarwal KC, Parks RE Jr. Forskolol: a potential antimetastatic agent. *Int J Cancer*. 1983 Dec 15;32(6):801-4.
- Ben-Shlomo I, Goldman S, Shalev E. Regulation of matrix metalloproteinase-9 (MMP-9), tissue inhibitor of MMP, and progesterone secretion in luteinized granulosa cells from normally ovulating women with polycystic ovary disease. *Fertil Steril*. 2003 Mar;79 Suppl 1:694-701.
- Bergmann J, Luft B, Boehmann S, Runnebaum B, Gerhard I. [The efficacy of the complex medication Phyto-Hypophyson L in female, hormone-related sterility. A randomized, placebo-controlled clinical double-blind study] *Forsch Komplementarmed Klass Naturheilkd*. 2000 Aug;7(4):190-9. German.
- Cahill DJ, Fox R, Wardle PG, Harlow CR. Multiple follicular development associated with herbal medicine. *Hum Reprod*. 1994 Aug;9(8):1469-70.
- Caprioli J, Sears M, Bausher L, Gregory D, Mead A. Forskolol lowers intraocular pressure by reducing aqueous inflow. *Invest Ophthalmol Vis Sci*. 1984 Mar;25(3):268-77.
- Cheng JT, Tsai CL. Anti-inflammatory effect of saikogenin A. *Biochem Pharmacol*. 1986 Aug 1;35(15):2483-7.
- Collins, JJ. 2002. *Discover Your Menopause Type*. Prima Publishing Rocklin, CA
- Corbiere C, Liagre B, Bianchi A, Bordji K, Dauca M, Netter P, Beneytout JL. Different contribution of apoptosis to the antiproliferative effects of diosgenin and other plant steroids, hecogenin and tigogenin, on human 1547 osteosarcoma cells *Int J Oncol*. 2003 Apr;22(4):899-905.
- Dhawan K, Kumar S, Sharma A. Anti-anxiety studies on extracts of *Passiflora incarnata* Linnaeus. *J Ethnopharmacol*. 2001 Dec;78(2-3):165-70.
- Dhawan K, Kumar S, Sharma A. Antisthmatic activity of the methanol extract of leaves of *Passiflora incarnata*. *Phytother Res*. 2003 Aug;17(7):821-2.
- Dhawan K. Drug/substance reversal effects of a novel tri-substituted benzoflavone moiety (BZF) isolated from *Passiflora incarnata* Linn.–a brief perspective. *Addict Biol*. 2003 Dec;8(4):379-86. Review.
- Ding Z, Gao C, Ji R, Wo X. [Effects of xuefuzhuyu decoction on collagen synthesis and proliferation of cardiac fibroblasts] *Zhong Yao Cai*. 2002 Jul;25(7):481-3. Chinese.
- Dubey MP, Srimal RC, Nityanand S, Dhawan BN. Pharmacological studies on coleonol, a hypotensive diterpene from *Coleus forskohlii*. *J Ethnopharmacol*. 1981 Jan;3(1):1-13.
- Duke JA. *Handbook of Biologically Active Phytochemicals and Their Activities*. Boca Raton (FL): CRC Pr 1992.
- Duke JA. *Phytochemical Database, USDA - ARS - NGR, Beltsville Agricultural Research Center, Beltsville, Maryland* [www.ars-grin.gov/duke]
- Goto H, Shimada Y, Tanaka N, Tanigawa K, Itoh T, Terasawa K. Effect of extract prepared from the roots of *Paeonia lactiflora* on endothelium-dependent relaxation and antioxidant enzyme activity in rats administered high-fat diet. *Phytother Res*. 1999 Sep;13(6):526-8.
- Halaska M, Raus K, Beles P, Martan A, Paithner KG. [Treatment of cyclical mastodynia using an extract of *Vitex agnus castus*: results of a double-blind comparison with a placebo] *Ceska Gynekol*. 1998 Oct;63(5):388-92. Czech.
- Hsu FL, Lai CW, Cheng JT. Antihyperglycemic effects of paeoniflorin and 8-debenzoylpaeoniflorin, glucosides from the root of *Paeonia lactiflora*. *Planta Med*. 1997 Aug;63(4):323-5.
- Kaik G, Witte PU. [Protective effect of forskolin in acetylcholine provocation in healthy probands. Comparison of 2 doses with fenoterol and placebo]
- Kang JH, Park YH, Choi SW, Yang EK, Lee WJ. Resveratrol derivatives potentially induce apoptosis in human promyelocytic leukemia cells. *Exp Mol Med*. 2003 Dec 31;35(6):467-74.
- Kim H, Lee E, Lee S, Shin T, Kim Y, Kim J. Effect of *Rehmannia glutinosa* on immediate type allergic reaction. *Int J Immunopharmacol*. 1998 Apr-May;20(4-5):231-40.
- Kim HM, An CS, Jung KY, Choo YK, Park JK, Nam SY. *Rehmannia glutinosa* inhibits tumour necrosis factor-alpha and interleukin-1 secretion from mouse astrocytes. *Pharmacol Res*. 1999 Aug;40(2):171-6.
- Krenn L. [Passion Flower (*Passiflora incarnata* L.) a reliable herbal sedative] *Wien Med Wochenschr*. 2002;152(15-16):404-6. Review. German.
- Liu J, Burdette JE, Sun Y, Deng S, Schlecht SM, Zheng W, Nikolic D, Mahady G, van Breemen RB, Fong HH, Pezzuto JM, Bolton JL, Farnsworth NR. Isolation of linoleic acid as an estrogenic compound from the fruits of *Vitex agnus-castus* L. (chaste-berry). *Phytomedicine*. 2004 Jan;11(1):18-23.
- Liu J, Burdette JE, Xu H, Gu C, van Breemen RB, Bhat KP, Booth N, Constantinou AI, Pezzuto JM, Fong HH, Farnsworth NR, Bolton JL. Evaluation of estrogenic activity of plant extracts for the potential treatment of menopausal symptoms. *J Agric Food Chem*. 2001 May;49(5):2472-9.
- Marone G, Colombo M, Triggiani M, Cirillo R, Genovese A, Formisano S. Inhibition of IgE-mediated release of histamine and peptide leukotriene from human basophils and mast cells by forskolin. *Biochem Pharmacol*. 1987 Jan 1;36(1):13-20.
- Matsumoto T, Sun XB, Hanawa T, Kodaira H, Ishii K, Yamada H. Effect of the antiulcer polysaccharide fraction from *Bupleurum falcatum* L. on the healing of gastric ulcer induced by acetic acid in rats. *Phytother Res*. 2002 Feb;16(1):91-3.
- McAllister JM, Hornsby PJ. TPA inhibits the synthesis of androgens and cortisol and enhances the synthesis non-17 alpha-hydroxylated steroids in cultured human adrenocortical cells. *Endocrinology*. 1987 Nov;121(5):1908-10.
- Metzger H, Lindner E. The positive inotropic-acting forskolin, a potent adenylate cyclase activator. *Arzneimittelforschung*. 1981;31(8):1248-50.
- Milewicz A, Gejdel E, Sworen H, Sienkiewicz K, Jedrzejak J, Teucher T, Schmitz H. [Vitex agnus castus extract in the treatment of luteal phase defects due to latent hyperprolactinemia. Results of a randomized placebo-controlled double-blind study] *Arzneimittelforschung*. 1993 Jul;43(7):752-6. German.
- Miura T, Koko M, Ishihara E, Usami M, Yano H, Tanigawa K, Sudo K, Seino Y. Antidiabetic effect of seishin-kanro-to in KK-Ay mice. *Planta Med*. 1997 Aug;63(4):320-2.
- Muti P, Awad AB, Schunemann H, Fink CS, Hovey K, Freudenheim JL, Wu YW, Bellati C, Pala V, Berrino F. A plant food-based diet modifies the serum beta-sitosterol concentration in hyperandrogenic postmenopausal women. *J Nutr*. 2003 Dec;133(12):4252-5.
- Nishida S, Kikuichi S, Yoshioka S, Tsubaki M, Fujii Y, Matsuda H, Kubo M, Irimajiri K. Induction of apoptosis in HL-60 cells treated with medicinal herbs. *Am J Chin Med*. 2003;31(4):551-62.
- Nose M, Amagaya S, Ogihara Y. Corticosterone secretion-inducing activity of saikosaponin metabolites formed in the alimentary tract. *Chem Pharm Bull (Tokyo)*. 1989 Oct;37(10):2736-40.
- Oh KO, Kim SW, Kim JY, Ko SY, Kim HM, Baek JH, Ryoo HM, Kim JK. Effect of *Rehmannia glutinosa* Libosch extracts on bone metabolism. *Clin Chim Acta*. 2003 Aug;334(1-2):185-95.
- Ohta H, Ni JW, Matsumoto K, Watanabe H, Shimizu M. Peony and its major constituent, paeoniflorin, improve radial maze performance impaired by scopolamine in rats. *Pharmacol Biochem Behav*. 1993 Jul;45(3):719-23.
- Ohyama K, Akaike T, Hirobe C, Yamakawa T. Cytotoxicity and apoptotic inducibility of *Vitex agnus-castus* fruit extract in cultured human normal and cancer cells and effect on growth. *Biol Pharm Bull*. 2003 Jan;26(1):10-8.
- Park KH, Park J, Koh D, Lim Y. Effect of saikosaponin-A, a triterpenoid glycoside, isolated from *Bupleurum falcatum* on experimental allergic asthma. *Phytother Res*. 2002 Jun;16(4):359-63.
- Priest, AW, Priest, LR, 1982. *Herbal Medication*, LN Fowler and Co. Ltd., Essex, p. 68.
- Qi XG. [Protective mechanism of *Salvia miltiorrhiza* and *Paeonia lactiflora* for experimental liver damage] *Zhong Xi Yi Jie He Za Zhi*. 1991 Feb;11(2):102-4, 69. Chinese.
- Schaneberg BT, Khan IA. Quantitative analysis of forskolin in *Coleus forskohlii* (Lamiaceae) by reversed-phase liquid chromatography. *J AOAC Int*. 2003 May-Jun;86(3):467-70.
- Shah VC, D'Sa AS, de Souza NJ. Chonemorphine, stigmaterol, and ecdysterone: steroids isolated through bioassay-directed plant screening programs. *Steroids*. 1989 Mar-May;53(3-5):559-65.
- Slutz G, Speiser P, Schultz AM, Spona J, Zeillinger R. *Agnus castus* extracts inhibit prolactin secretion of rat pituitary cells. *Horm Metab Res*. 1993 May;25(5):253-5.
- Tsukawaki M, Suzuki K, Suzuki R, Takagi K, Satake T. Relaxant effects of forskolin on guinea pig tracheal smooth muscle. *Lung*. 1987;165(4):225-37.
- Wang LJ, Wang Y, Chen SW, Ma JS, Fu Q, Wang BX. [The antitumor activity of Diosgenin in vivo and in vitro] *Zhongguo Zhong Yao Za Zhi*. 2002 Oct;27(10):777-9. Chinese.
- Watanabe H. Candidates for cognitive enhancer extracted from medicinal plants: paeoniflorin and tetramethylpyrazine. *Behav Brain Res*. 1997 Feb;83(1-2):135-41.
- Wei XL, Ru XB. [Effects of low-molecular-weight *Rehmannia glutinosa* polysaccharides on p53 gene expression] *Zhongguo Yao Li Xue Bao*. 1997 Sep;18(5):471-4. Chinese.
- Willard, T, 1992. *Textbook of Advanced Herbolology*, Wild Rose College of Natural Healing, Alberta, Canada, p 123.
- Yamamoto M, Kumagai A, Yamamura Y. Structure and action of saikosaponins isolated from *Bupleurum falcatum* L. II. Metabolic actions of saikosaponins, especially a plasma cholesterol-lowering action. *Arzneimittelforschung*. 1975 Aug;25(8):1240-3.
- Yang HO, Ko WK, Kim JY, Ro HS. Paeoniflorin: an antihyperlipidemic agent from *Paeonia lactiflora*. *Fitoterapia*. 2004 Jan;75(1):45-9.
- Zanolli P, Avallone R, Baraldi M. Behavioral characterisation of the flavonoids apigenin and chrysin. *Fitoterapia*. 2000 Aug;71 Suppl 1:S117-23.
- Zhang R, Zhou J, Jia Z, Zhang Y, Gu G. Hypoglycemic effect of *Rehmannia glutinosa* oligosaccharide in hyperglycemic and alloxan-induced diabetic rats and its mechanism. *J Ethnopharmacol*. 2004 Jan;90(1):39-43.

- ♦ These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Progesto-Mend™ is a Trademark of Douglas Laboratories. All Rights Reserved.

[Copyright © & ®](#) | [Disclaimer and Legal](#) | [Contact Us](#)

