

EstroQuench™

NPN 80078845

DESCRIPTION

EstroQuench™ is a Hormone Specific™ Formulation that helps to support healthy mood balance during menopause. It provides a combination of herbs, such as maca, that helps stimulate the health of androgen-producing glands to balance hormone levels for menopausal mood support. This formulation also includes traditionally used herbs, such as damiana and black pepper, plus antioxidants to help protect against oxidative damage caused by free radicals.

EstroQuench,™ provided by Douglas Laboratories® and formulated by Dr. Joseph J. Collins, was created to support the optimal function of specific hormones through the use of hormone specific adaptogens, hormone specific agonists and hormone specific functional mimetics. This formulation may be used as part of a hormone health program with dietary and nutrient support. In addition, clinicians may use this formulation as an adjuvant to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies.

FUNCTIONS

Menopause occurs in women in their late 40s or early 50s when fertility and menstruation are ending. Women may experience a drop in estrogen levels that can lead to undesirable symptoms. During perimenopause, a woman may start to experience hot flashes, night sweats, changes in sleep, mood swings or other symptoms. Compounds such as maca can help to support healthy mood balance during menopause.

Maca (*Lepidium meyenii*) is a cruciferous vegetable rich in glucosinolates, which are known for having both antiproliferative and proapoptotic actions, specifically in regard to hormone-sensitive tissues. Maca protects hormone-sensitive tissues without affecting serum testosterone or estradiol levels. The ability to affect hormone-sensitive tissues makes *Lepidium meyenii* an important component of EstroQuench™.

Damiana (*Turnera diffusa*) is traditionally used in Herbal Medicine as a nervine to help relieve nervousness and restlessness. Damiana contains apigenin, which has been reported to contribute to the calming effect of this herb.

Bioperine® is a patented extract of piperine (black pepper fruit) that has been clinically tested in the United States and found to significantly enhance the bioavailability of various supplement nutrients and herbal extracts through increased absorption. Black pepper is traditionally used in Ayurvedic medicine to improve digestion.

EstroQuench™ also provides a wide range of antioxidants to help reduce oxidative damage to cells, including **hesperidin**, a flavonone glycoside from *Citrus sinensis*; **pomegranate fruit**, a source of ellagitannins; and **mangosteen fruit**, an important source of xanthones.

INDICATIONS

- Healthy mood balance during menopause
- Damiana is traditionally used in Herbal Medicine as a nervine to help relieve nervousness and restlessness
- Antioxidant support

EstroQuench™

NPN 80078845

FORMULA (#202060-120HYC-C)

Each Capsule Contains:

Maca Root Extract (<i>Lepidium meyenii</i>) (4:1, 400 mg QCE).....	100 mg
Damiana Leaf Extract (<i>Turnera diffusa</i>) (4:1, 400 mg QCE).....	100 mg
Hesperidin (from <i>Citrus sinensis</i> fruit).....	75 mg
<i>Agaricus bisporus</i> Fruiting Body Extract (10:1, 500 mg QCE).....	50 mg
Luo San Leaf Extract (<i>Brassaiopsis glomerulata</i>) (10:1, 500 mg QCE).....	50 mg
Tongkat Ali Root Extract (<i>Eurycoma longifolia</i>) (100:1, 5 g QCE).....	50 mg
Mangosteen Fruit Peel Extract (<i>Garcinia mangostana</i>) (10:1, 500 mg QCE).....	50 mg
Pomegranate Fruit Pericarp Extract (<i>Punica granatum</i>) (50-60:1, 2.5-3 g QCE, 40% ellagic acid)	50 mg
Naringenin (from <i>Citrus grandis</i> fruit).....	22.5 mg
Chrysin.....	25 mg
BioPerine® Black Pepper Fruit Extract (<i>Piper nigrum</i>) (50:1, 62.5 mg QCE, 95% piperine)	1.25 mg

Non-medicinal ingredients: Hypromellose (capsule), cellulose, magnesium stearate, silica.

QCE - Quantity Crude Equivalent

SUGGESTED USAGE

Adults: Take 2 capsules 2 times daily or as directed by your healthcare practitioner. To help support healthy mood balance during menopause: Take 3 capsules 2 times daily or as directed by your healthcare practitioner. Consult your healthcare practitioner for use beyond 12 weeks.

RISK INFORMATION

Do not use if you are pregnant. Consult your healthcare practitioner prior to use if you are breastfeeding, have high blood pressure, are taking antidepressants, blood thinners, propranolol, or any other medications or natural health products, as black pepper may alter their effectiveness. Consult your healthcare practitioner if symptoms persist or worsen.

STORAGE

Keep out of the reach of children. Store in a cool, dry place.

EstroQuench™

NPN 80078845

REFERENCES

- Brueggemeier RW. Semin Reprod Med. 2004 Feb;22(1):31-43. Review.
- Lew R, Komesaroff P, Williams M, Dawood T, Sudhir K. Circ Res. 2003 Nov 28;93(11):1127-33. Epub 2003 Oct 30.
- Brooks NA, Wilcox G, Walker KZ, Ashton JF, Cox MB, Stojanovska L. Menopause. 2008 Nov-Dec;15(6):1157-62. [*Lepidium meyenii* (Maca)].
- Gonzales GF, et al. Andrologia. 2002 Dec;34(6):367-72. [*Lepidium meyenii* (Maca)].
- Ye L, Chan FL, Chen S, Leung LK. J Nutr Biochem. 2012 Oct;23(10):1230-7. [Hesperidin].
- Bajgai SP, et al. Phytochemistry. 2011 Nov;72(16):2062-7.
- Jeong HJ, Shin YG, Kim IH, Pezzuto JM. Arch Pharm Res. 1999 Jun;22(3):309-12. [Flavonoids].
- Grube BJ, Eng ET, Kao YC, Kwon A, Chen S. J Nutr. 2001 Dec;131(12):3288-93. [*Agaricus bisporus*].
- Brueggemeier RW, et al. J Steroid Biochem Mol Biol. 2001 Dec;79(1-5):75-84.
- Balunas MJ, et al. Phytochem Lett. 2009 Feb 19;2(1):29-33. [*Brassaiopsis glomerulata*].
- Tambi MI, et al. Andrologia. 2012 May;44 Suppl 1:226-30. [*Eurycoma longifolia*].
- Balunas MJ, Su B, Brueggemeier RW, Kinghorn AD. J Nat Prod. 2008 Jul;71(7):1161-6. [*Garcinia mangostana*].
- Adams LS, et al. Cancer Prev Res (Phila). 2010 Jan;3(1):108-13. [Pomegranate].
- Edmunds KM, Holloway AC, Crankshaw DJ, Agarwal SK, Foster WG. Reprod Nutr Dev. 2005 NovDec;45(6):709-20.
- Rinwa P, Kumar A. Arch Pharm Res. 2013 Jul 16. [Quercetin and piperine].
- Mao QQ, Huang Z, Zhong XM, Xian YF, Ip SP. Neurochem Int. 2014 Jul;74:36-41. [Piperine].

For more information on EstroQuench™ visit douglaslabs.ca

Douglas Laboratories
490 Elgin Mills Road E.
Richmond Hill, ON L4C 0L8
866-856-9954
douglaslabs.ca



© 2020 Douglas Laboratories. All Rights Reserved