

MENOPAUSE RELIEF

Information for **Health Care Professionals**



HOT FLASHES • NIGHT SWEATS • MOOD CHANGES

About 6,000 women in the U.S. reach menopause every day, for a total of more than two million women every year. Hot flashes affect 75% of all women in the stage before menopause, making it one of the most common symptoms during perimenopause.

Cyclease® Menopause combines five homeopathic ingredients that have been recommended for decades to address several symptoms women experience during the menopause transition.

A randomized, double-blind and placebo-controlled multicentric clinical study shows that Cyclease Menopause significantly improves the hot flashes score when compared to a placebo during a 12-week treatment period with a very good tolerance.¹ Cyclease Menopause works naturally with the body to temporarily relieve hot flashes, night sweats, and mood changes associated with menopause and perimenopause, especially in women who do not qualify for hormonal therapy or cannot take phytoestrogens.

Cyclease Menopause offers the advantages of a homeopathic medicine: excellent tolerance and no known interactions with other medications, herbs, or supplements. It is available over the counter and health care professionals can also purchase direct from Boiron.


BOIRON®
World Leader in
Homeopathic Medicines
BoironUSAhcp.com

MENOPAUSE RELIEF²⁻⁵

HOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

MEDICINES

Cyclease® Menopause Tablets	Homeopathic symptom-specific action on hot flashes, night sweats, and mood changes associated with menopause and perimenopause.	Hormone-free; soy-free; no known interactions with other medications, herbs, or supplements; an over-the-counter medicine.	Very low risk of side effects.
Hormonal therapy	Replaces the decreasing amount of naturally-produced estrogens.	Most effective treatment against hot flashes.	Contraindicated for patients presenting risks for cancer and cardiovascular complications.
Antidepressants (escitalopram, fluoxetine, or venlafaxine)	Increased serotonin levels could contribute to more regulated body heat and the improvement of irritability.	No hormonal side effects.	Nausea, dizziness, weight gain, dry mouth, sexual dysfunction.
Clonidine	May reduce the action of increased level of noradrenaline associated with hot flashes.	No hormonal side effects; decreases blood pressure.	Drowsiness, dizziness, dry mouth, constipation.

SUPPLEMENTS

Phytoestrogens (soy, hops, red clover, flaxseed, kudzu, etc.)	Foods rich in phytoestrogens are thought to reduce the incidence of hot flashes.	Likely safe when consumed in amounts commonly found in foods.	Possible allergies, high doses are possibly unsafe.
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HERBS

Black cohosh extracts (<i>Actaea racemosa</i>)	May produce estrogenic effects.	Alternative to hormonal treatment in menopausal syndrome.	Possible allergy to concentrated herbal extract of black cohosh or salicylates; possibly unsafe in women with hormone-sensitive conditions.
Dong quai (<i>Angelica sinensis</i>)	Traditionally used for gynecological symptoms, including menopausal.	Alternative to hormonal treatment in menopausal syndrome.	Potentially carcinogenic effects; high doses are possibly unsafe.



Homeopathy has shown positive effects on relieving symptoms associated with menopause such as hot flashes:

- An open, multinational, noncomparative observational study conducted among 99 physicians in eight countries with 438 patients showed that hot flashes and the quality of life in menopausal women was improved with homeopathic treatment. The study revealed a **56% reduction (p<0.001) in the frequency and intensity of hot flashes** by day and night, as well as a significant reduction in the daily discomfort the hot flashes caused.⁶ (These statements are supported by an observational study, and therefore may be subject to inherent study-related limitations, including the potential for bias. All results reflect the women and physicians surveyed and are not necessarily transferable to a larger or different population or cohort.)
- Cyclease® Menopause combines five homeopathic medicines manufactured according to the **Homeopathic Pharmacopoeia of the United States**.⁷ A multicentric, placebo controlled, double-blind randomized clinical study showed Cyclease Menopause significantly improved the hot flashes score when compared to a placebo during a 12-week treatment period with a very good tolerance.¹

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology. This table shows the relationships between the toxico-pharmacological properties of the strain (in purple) and the general indications of its homeopathic dilution (in blue).⁸⁻¹⁰

Cyclease Menopause should be used only for its labeled indications.

Leopard's bane (Asteraceae) <i>Arnica montana</i>	Red cinchona (Rubiaceae) <i>Actaea racemosa</i>	It is important to clearly distinguish the difference between herbal extracts of black cohosh (Actaea racemosa) , which are concentrated and can cause allergic reactions and side effects, and the homeopathic preparation Cimicifuga racemosa 4C HPUS , which is highly diluted in Cyclease Menopause's formula, has slightly different indications, and no known side effects.
Flavonoids and polysaccharides: Action on capillary tissue and ecchymoses.	Formononetin: Isoflavone with estrogenic properties.	
Arnica montana 4C	Cimicifuga racemosa 4C	
Relieves red, blotchy face associated with hot flashes.	Relieves mood changes, irritability, and occasional sleeplessness associated with menopause.	

Nitroglycerine $C_3H_5(NO_3)_3$	Bushmaster snake's venom (Viperidae) <i>Cinchona officinalis</i>	Bloodroot (Papaveraceae) <i>Sanguinaria canadensis</i>
Vasodilating properties.	Along with other effects, the venom causes vasodilation and increased capillary permeability, alternation between brain excitation and depression, and vasomotor disturbances.	Bloodroot causes many toxic effects (nausea, vomiting, burning sensations, etc.) and produces a flushed face with red cheeks.
Glonoinum 4C	Lachesis mutus 5C	Sanguinaria canadensis 4C
Relieves sudden hot flashes with profuse sweating and throbbing headache associated with menopause.	Relieves hot flashes, night sweats, irritability, and mood changes associated with menopause.	Relieves flushing of the face associated with menopause.

+ ADVANTAGES

As a convenient and reliable first choice for relieving hot flashes, night sweats, and mood changes, Cyclease Menopause offers many advantages:

- Free of soy and hormones
- Targets several symptoms associated with perimenopause and menopause
- Dosage can be easily adapted to an individual patient's need
- Well tolerated and no known drug interactions with other medications or biological tests
- Can be used with treatments for concomitant symptoms associated with perimenopause (mucosal dryness, calcium supplementation, etc.)
- Easy-to-take unflavored tablets melt in the mouth for sublingual absorption; no food or water needed

References

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7. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.
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Cyclease[®] — MENOPAUSE

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)

Arnica montana 4C HPUS (0.5 mg).....	Relieves red, blotchy face associated with hot flashes
Cimicifuga racemosa 4C HPUS (0.5 mg).....	Relieves mood changes, irritability, and occasional sleeplessness associated with menopause
Glonoinum 4C HPUS (0.5 mg)	Relieves sudden hot flashes with profuse sweating and throbbing headache associated with menopause
Lachesis mutus 5C HPUS (0.5 mg).....	Relieves hot flashes, night sweats, irritability, and mood changes associated with menopause
Sanguinaria canadensis 4C HPUS (0.5 mg)	Relieves flushing of the face associated with menopause

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Purpose*

Uses*

- temporarily relieves symptoms associated with perimenopause and menopause such as:
 - hot flashes ■ red, blotchy or flushed face ■ night sweats ■ mood changes
 - irritability ■ occasional sleeplessness
- temporarily reduces the intensity and frequency of hot flashes associated with perimenopause and menopause

Warnings

Stop use and ask a doctor if symptoms persist or worsen.

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions

- Adults: At the onset of symptoms, day or night, allow 1 tablet to slowly dissolve in the mouth up to 4 times in 24 hours. Daily use for 3 months is recommended.
- Children: Not recommended.

Other information

- do not use if glued carton end flaps are open or if the blister seal is broken
- store below 86°F (30°C)

Inactive ingredients lactose, magnesium stearate, sucrose

Questions or comments?

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