

ProgestoMend™

Hormone Specific Formulation™

DESCRIPTION

ProgestoMend™, provided by Douglas Laboratories®, is a *Hormone Specific Formulation™* of phytoprogestones, progestogenic adaptogens and functional mimetics of progesterone. This formulation is designed to promote optimal function of progesterone by maintaining the health of progesterone producing glands and by supporting the healthy function of progesterone responsive tissues.†

ProgestoMend™ is a *Hormone Specific Formulation™* provided by Douglas Laboratories® and formulated by Dr Joseph J Collins. ProgestoMend™ 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, this formulation may be used by clinicians as an adjuvant to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies.

FUNCTIONS

The primary functions of ProgestoMend™ are to support the natural production of progesterone and supports how tissues throughout the body respond to progesterone. This is accomplished by supporting the function of progesterone producing glands, and by supporting the function of progesterone responsive tissues through the use of herbs that have phytoprogestone properties and herbs that mimic the actions of progesterone. Progesterone is produced in the adrenal glands of both genders, as well as by the ovaries and corpus luteum in females. While progesterone is also produced in the Leydig cells of the testes, it is typically converted to testosterone.

The synergistic combination of specific herbs in ProgestoMend™ support important functions associated with optimal progesterone health through progesterone specific actions of these herbs which:

- Supports the natural production of progesterone.
- Support healthy adrenal function, a major site of progesterone production.
- Promote progesterone response in target tissue through the use of herbs with progesterone receptor agonist activity.
- Promotes healthy function of bone, heart, brain, breasts, uterus & other progesterone sensitive tissues with progesterone mimetic herbs.
- Support the anti-inflammatory, antispasmodic and anxiolytic properties of progesterone with progesterone mimetic herbs.
- Supports healthy brain function, memory, and cognition, enhances mood while promoting tranquility.

Paeonia lactiflora (Chinese Peony) contains a number of constituents, including benzoflavone, that mimic the calming, soothing and antispasmodic properties of progesterone. Similar to progesterone, it is effective in relieving restlessness, irritability, anxiety and insomnia, while at the same time exhibiting aphrodisiac and libido-enhancing properties. Similarly, it also has antiasthmatic properties.

Ligusticum wallichii (Chuan Xiong) has significant progestogenic activity and was found to be a potent and specific activator of the progesterone receptor. Researchers concluded that the phytoprogestone properties may have utility for treatment of conditions requiring progesterone action, and for progesterone-replacement therapy. The progesterone mimicking properties of *Ligusticum wallichii* may account for its traditional use to maintain health blood pressure and healthy heart rhythm. In Traditional Chinese Medicine it was used for “dispersal of tissue stasis, removal of chronic inflammation and facilitation of tissue perfusion.” Like progesterone, it also has anti-fibrotic and antiproliferative properties.

Rehmannia glutinosa (Di Huang) can promote daily progesterone production by enhancing function of the adrenal function, an important site for daily progesterone production. Like progesterone, *Rehmannia* has been shown to stimulate the proliferation and activities of osteoblasts, while inhibiting the generation of and the resorptive activities of osteoclasts. In animal studies it has shown a preventive effect on osteoporotic bone loss induced by an ovariectomy. The ability of *Rehmannia* to mimic the action of progesterone also include anti-allergy, anti-inflammatory, neuroprotective, cardioprotective and antitumor activities. In addition,

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Rehmannia works with the neuroendocrine system, affecting adrenal function in such an extent as to normalize blood sugar imbalances and improve glucose tolerance.

Bupleurum falcatum (Chinese Thoroughwax) can promote daily progesterone production due to one of its constituents, saikogenin A, which can stimulate the hypothalamic-pituitary-adrenal system to by promoting the release of adrenocorticotrophic hormone (ACTH). ACTH is responsible for maintaining the size and function of the adrenal gland and the daily production of progesterone, as well as other adrenal hormones. As a progesterone mimetic it has significant anti-inflammatory actions that may include an inhibitory activity against allergic asthma.*

Passiflora incarnata (Passion Flower) acts as a functional mimetic, which mimics the gabanergic properties of progesterone. Passiflora incarnata contains a number of constituents, including benzoflavone that exhibit calming, soothing and antispasmodic properties. It also contains apigenin a phytoprogestone with anxiolytic and possibly neuroprotective properties. Like progesterone, Passiflora incarnata is effective for restlessness, irritability, anxiety and insomnia, while at the same time exhibiting aphrodisiac and libido-enhancing properties. Its calming ability has also shown antiasthmatic properties. Like progesterone, Passiflora constituents may be linked to an interaction with GABA receptors.*

Dioscorea villosa (Wild Yam) mimics the antispasmodic and anti-inflammatory properties of progesterone, and is able to relieve inflammatory and spasm conditions of the female reproductive organs or any pains caused by spasm. Like progesterone. 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, similar to progesterone.*

Viburnum opulus (Cramp Bark) contains a number of constituents that mimic the antispasmodic properties of progesterone including scopoletin which has anti-inflammatory and anxiolytic activity. Other constituents which mimic the antispasmodic properties of progesterone include viopudial and viburnin. Traditional use of Viburnum opulus includes dysmenorrhoea, threatened miscarriage, and ovarian pain. Recent research indicates that Viburnum opulus also has significant antioxidant properties with potent gastroduodenoprotective activity.

Coleus forskohlii (Indian Coleus) promotes progesterone production through the action of forskolin, an active constituent that has been shown to stimulate production of progesterone in human adrenal gland tissue. Serum progesterone levels were actually increased in a small study of 20 women taking forskolin. Forskolin has exhibited a wide range of progesterone mimicking properties, such as antiallergy, anti-asthma, antiglaucoma, antihypertensive, antispasmodic actions. Forskolin and stigmasterol, a plant steroid also found in Coleus forskohlii, have both exhibited anticarcinogenic properties.*

Vitex agnus-castus (Chasteberry) promotes progesterone production and can improve levels of progesterone during the luteal phase of menstruating women. When endometrial cells were exposed to Vitex agnus-castus it binds to both estrogen and progesterone receptors. However, it did not demonstrate estrogenic activity (and acts as an estrogen receptor antagonist), while it did stimulate progesterone receptor expression, demonstrating phytoprogestone (progesterone receptor agonist) activity. This confirms observations that progesterone-like benefits of V. agnus-castus are not exclusively associated with the luteal phase. This herb has also been useful in treating breast pain and has cytotoxic activity against human breast cancer and other cancer cells, a quality that may be benefited by its additional ability to inhibit excessive prolactin secretion.*

INDICATIONS

ProgestoMend™ may be a useful dietary supplement for individuals wishing to support healthy progesterone production and function.

FORMULA (#201388)

Serving Size.....2 v. caps.....4 v.caps

Proprietary Blend..... 1,440 mg.....2,880 mg *

Paeonia lactiflora root Extract (standardized to 10% paeoniflorin),

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Ligusticum wallichii 10:1 root Extract, *Rehmannia glutinosa* 7:1 root Extract, *Bupleurum chinensis* 5:1 root Extract, Passion flower (*Passiflora incarnata*, standardized to 3.5% vitexin), Wild Yam 10:1 root Extract (*Dioscorea villosa*, standardized to 10% diosgenin), Cramp bark (*Viburnum opulus*), *Coleus forskohlii* root Extract (standardized to 10% forskolin), *Vitex agnus-castus* berry Extract (Chasteberry, standardized to 0.5% agnuside and 0.4% aucubin)

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica

SUGGESTED USE

As a dietary supplement, adults may take **2 capsules** each day with food for **1 to 2 weeks** or as directed by your healthcare professional.

The dose may then be increased to **4 capsules** each day with food for **2 to 4 months** or as directed by your healthcare professional.

After 2 to 4 months dosage may be lowered back down to **2 capsules** each day with food and may continue on that dosage as needed or as directed by your healthcare professional.

SIDE EFFECTS

WARNING: Not to be used by pregnant or nursing women

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on ProgestoMend™ visit **DouglasLabs.com** or **ProgestoMend.com**

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† 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.

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Your patients trust you.**

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