

EstroG-100 on menopausal women

Submission date 08/10/2010	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 19/10/2010	Overall study status Completed	☐ Protocol
Last Edited 15/08/2012	Condition category Urological and Genital Diseases	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

NET-ESTROG-100-001

Study information

Scientific Title

The effect of herbal extract (EstroG-100) on pre-, peri- and post-menopausal women: a randomised double-blind placebo-controlled study

Study objectives

A standardised mixed herbal extract of *Cynanchum wilfordii*, *Phlomis umbrosa*, and *Angelica gigas* was observed to significantly improve the menopausal symptoms of pre-, peri-, post-menopausal women without weight gain or any serious side effects.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Sterling Institutional Review Board (IRB) (USA) approved on the 21st April 2009 (ref: IRB# 3192; NETESTROG-100-001)

Primary study design

Interventional

Study design

Single centre randomised double-blind placebo-controlled study

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Menopausal symptoms

Interventions

Qualified participants were provided with either EstroG-100 or placebo pill bottles. EstroG-100 (or FGF-271) is a standardised mixed root extract of *Cynanchum wilfordii* 32.5%, *Phlomis umbrosa* Turcz 32.5%, and *Angelica gigas* Nakai 35%.

The EstroG-100 tablet in the clinical study was comprised of 257.05 mg of EstroG-100, corn starch 164.56 mg, microcrystalline cellulose 186 mg, hydroxypropyl methyl cellulose 50 mg, titanium dioxide 15 mg, silicon dioxide 6.2 mg, magnesium stearate 6.2 mg, glycerin mono fatty acid ester 5 mg, and lac color 5 mg.

The placebo tablet consisted of corn starch 359.61 mg, microcrystalline cellulose 248 mg, hydroxypropyl methyl cellulose 50 mg, titanium dioxide 15 mg, silicon dioxide 6.2 mg, magnesium stearate 6.2 mg, glycerin mono fatty acid ester 5 mg, and lac color 5 mg.

Clinical study and placebo materials were separately formulated into 695 mg purple tablets. The pill bottles were packaged in identical bottles so that neither the research team nor the participants were able to differentiate them by appearance. Participants were instructed to take one tablet twice a day orally for 12 weeks.

Intervention Type

Drug

Phase

Phase IV

Drug/device/biological/vaccine name(s)

EstroG-100

Primary outcome(s)

1. Mean change in scores of self-scored Kupperman Menopause Index (KMI)
2. Mean change in scores of each symptom of the questionnaire from KMI
3. Mean change in scores of vaginal dryness

The KMI includes hot flash or cold sweat (vasomotor), numbness and tingling (paresthesia), trouble sleeping (insomnia), nervousness, feeling blue or depressed (melancholia), dizzy spells (vertigo), tired feelings (fatigue), rheumatic pain (arthralgia and myalgia), headaches, pounding of the heart (palpitation), and sensation of crawling on the skin (formication).

Key secondary outcome(s)

No secondary outcome measures

Completion date

20/01/2010

Eligibility**Key inclusion criteria**

1. Women aged between 42 and 70 years
2. Moderate or severe menopausal symptoms (score of greater than or equal to 20) identified by a simplified questionnaire with the Kupperman Menopause Index (KMI)
3. Eligibility was re-examined with the results of laboratory, mammogram, and pelvic ultrasound tests

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

Key exclusion criteria

1. Concurrent use of dietary supplement for menopause symptoms
2. Any suspicion of breast or endometrial malignancy
3. History of using oestrogen or progestin-containing products in past 3 months
4. Psychoactive drugs
5. Body mass index (BMI) greater than 40 kg/m²
6. Irregular gynaecological bleeding 1 year after menopause
7. Hysterectomy
8. Uncontrolled hypertension
9. Thyroid disease
10. Diabetes mellitus
11. History of hormone-dependent (gynaecological) cancer
12. Drug and alcohol abuse

- 13. Mental disorder
- 14. Abnormality in renal and liver functions
- 15. Personal or family history of breast cancer in first degree relative
- 16. History of clotting disorder such as deep vein thrombosis (DVT)

Date of first enrolment

26/05/2009

Date of final enrolment

20/01/2010

Locations

Countries of recruitment

United States of America

Study participating centre

16300 Sand Canyon, Suite 909

Irvine, CA

United States of America

92618

Sponsor information

Organisation

Naturalendo Tech Co., Ltd (South Korea)

Funder(s)

Funder type

Government

Funder Name

Ministry for Food, Agriculture, Forestry and Fisheries (South Korea) - Technology Development Program for Agriculture and Forestry

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/04/2012		Yes	No