

Therapeutic Actions

1. Supports hormonal health by promoting the body's own production of enterolactone, which has been found to protect against developing tumors and cardiovascular disease
2. Enterolactone reduces circulating estrogen, and blocks aromatase, binds to estrogen receptors and blocks estrogen activity in specific selected tissues, enterolactone levels may mimic the effects of estrogen, when estrogen levels are high, enterolactone occupies and blocks estrogen receptors
3. Reduces hot flashes. May support bone health
4. Antioxidant, anti-inflammatory

Administration

Internal: For hot flashes and for acute conditions use 2 tablets per day.

Maintenance dosage: 1 tablet per day

90 tablets, 25mg, 90 day supply

Ingredients

A patented extract of 7-hydroxymatairesinol extracted from Norway Spruce Knots (Picea abies)

Formula Rationale

Lignans are phyto-nutrients found in unrefined grain products, seeds, fruits and vegetables. Friendly intestinal bacteria converts plant lignans into human lignans such as enterolactone. When there are low estrogen levels in the body these weak lignan estrogens make up for some of the insufficiency. When estrogen from endogenous or exogenous sources is abundant, enterolactone reduces the activity of estrogen by occupying estrogen binding sites. As a result, plant lignans are thought to influence the development of breast, prostate, and colon cancers that depend on hormones to start and progress. Lignans also support cardiovascular health and help to moderate other estrogen dependant conditions such as menopausal symptoms and osteoporosis.

Case control studies in Finland found an inverse association between serum enterolactone and the risk of breast cancer both among pre-menopausal and post-menopausal women. These findings have been duplicated in case control studies in Australia and the UK. In a study conducted by the Roswell Park Cancer Institute, U.S.A., of 1,122 women with primary breast cancer, and 2,036 control subjects, that those with the highest dietary intake of lignans had a reduced breast cancer risk.

Research has shown that enterolactone acts weakly on the physiological estrogen balance and offers a natural method for managing menopausal symptoms. In an eight week study, the equivalent to two tablets of NuLignan was found to increase enterolactone levels and significantly reduce hot flashes at week four, with further reductions at week eight. Additional studies suggest that lignans improve menopausal symptoms, and maintain cognitive function in post-menopausal women. Recent studies suggest a link between lignan consumption and bone reabsorption, and improved lipid profiles. Lignans are also thought to contribute to prostate health by inhibiting cancer cell growth and signaling.

NuLignan is a new generation, highly bioavailable lignan formula. It is the first direct enterolactone precursor supplement, standardized to 90 percent pure lignans as 7-hydroxymatairesinol. In addition, it is a strong antioxidant, and may help to modulate inflammatory reactions. Pharmacokinetic studies show that NuLignan is rapidly absorbed, elevates enterolactone concentration, and has an excellent safety profile.