



## C-X

Stock #1230-6 (100 capsules)

C-X is an herbal formula designed to help relieve menopausal symptoms and support female hormone function. C-X provides a blend of herbs that help the body regulate estrogenic activity and correct hormone imbalances that can occur prior to or at the onset of menopause. C-X also contains herbs that provide uterine tonic effects, help relieve dysmenorrhea (painful menstruation) and edema (fluid retention), and help the body combat the effects of stress. Each capsule of C-X contains:

**Dong Quai** (*Angelica polymorpha*) is widely recognized for its role in relieving female complaints associated with menstrual irregularities, dysmenorrhea and menopause. Dong quai is often used to help tone a weak uterus, correct hormone imbalances, and enhance the natural rhythm of the menstrual cycle. According to Traditional Chinese Medicine, dong quai is a nutritive, warming, metabolic stimulant that clears blockages or stagnation in the reproductive organs and restores fertility. Practitioners of Traditional

Chinese Medicine utilize dong quai primarily in combination with other herbs for treating menopause and other gynecological disorders. According to research published in the *American Journal of Chinese Medicine*, dong quai contains phytoestrogens that help regulate estrogenic activity in the body. Furthermore, dong quai is believed to be effective for relieving hot flashes due to a combination of the herb's estrogenic activity and ability to dilate blood vessels and reduce blood pressure.<sup>1-14</sup>

**Blessed thistle** (*Cnicus benedictus*) is commonly regarded as a feminine tonic for its action as an emmenagogue (a substance that promotes menstruation) to help regulate female hormone balance and relieve dysmenorrhea. Blessed thistle has also been used to treat leucorrhea (a sticky vaginal discharge resulting from inflammation or irritation). In addition, blessed thistle may provide some anti-inflammatory and astringent activity and has demonstrated antimicrobial and anticancer activity in vitro. The German Commission E has approved the use of blessed thistle for loss of appetite and dyspepsia, due to its ability to stimulate bile flow and the secretion of saliva and gastric juices. Furthermore, blessed thistle is high in calcium and potassium, and also contains magnesium and some iron.<sup>15-23</sup>

**Licorice root** (*Glycyrrhiza glabra*) exhibits a modulating action on estrogen. If estrogen levels are elevated, licorice root decreases estrogen effects; if estrogen levels are too low, estrogen effects can be potentiated using higher doses of licorice root. Licorice root has also demonstrated estrogen receptor-binding activity, as well as the ability to suppress the breakdown of progesterone. Thus, by affecting the estrogen-progesterone ratio, licorice root helps decrease PMS- and menopause-related symptoms. Licorice root may also help relieve symptoms of inflammation associated with endometriosis. In addition, licorice contains the active component glycyrrhizin, which can bind to glucocorticoid receptors, thus enhancing the activity of cortisol—a steroid hormone involved in glucose control, carbohydrate/fat/protein metabolism, inflammatory regulation, and the stress response. Glycyrrhizin also suppresses 5-beta-reductase, the main enzyme responsible for inactivating both cortisol and aldosterone—a steroid hormone that regulates the body's electrolyte balance. Licorice may be most beneficial in circumstances involving prolonged stress, where the ability of the adrenal glands to respond by releasing cortisol has been diminished.<sup>14,24-30</sup>

**Eleuthero** (*Eleutherococcus senticosus*) has been used to help combat the effects of stress upon the body, which may help relieve both emotional and physical symptoms associated with PMS and menopause. Eleuthero is also known for increasing vitality and restoring and strengthening the body's immune response, most likely due to the presence of complex polysaccharides. For example, a liquid eleuthero root extract demonstrated strong antiviral activity and inhibited the replication of human rhinovirus (one of the major causes of the common cold), respiratory syncytial virus (a major cause of respiratory illness), and influenza A (flu) virus in infected cell cultures. In addition, a double-blind, placebo-controlled German study involving 36 healthy volunteers demonstrated that eleuthero boosts immune system response and enhances the body's overall resistance to infection, as evidenced by a dramatic increase in the total number of lymphocytes (white blood cells that fight infection and disease), especially T-lymphocytes. Furthermore, eleuthero acts as an adaptogen to help the body maintain healthy glandular function during periods of stress. Eleuthero is approved by the German Commission E for treating lack of stamina and tendency to infection.<sup>16,18,20,29,31-40</sup>

**Sarsaparilla** (*Smilax officinalis*) contains important phytosterols that have been shown to mimic or help regulate the activity of hormones or hormone precursors. Such evidence lends support to the use of sarsaparilla to help treat lack of sexual desire in women with low testosterone levels. Sarsaparilla also contains the phytosterol stigmasterol, which has demonstrated estrogenic effects and anti-inflammatory activity. In addition, in vitro studies have found

phytosterols to inhibit breast cancer cell growth by up to 80%. In fact, populations with low breast cancer risk are known to consume more dietary phytosterols than those at high risk. In addition, phytosterols can help lower cholesterol levels by interfering with the absorption of cholesterol in the small intestine. Furthermore, sarsaparilla contains steroidal saponins that are responsible for the herb's strong diuretic effect in high doses. Since sarsaparilla may alter absorption, prescription medications should be taken 2 hours before or after taking this herb.<sup>16,23,41-44</sup>

**Black cohosh** (*Cimicifuga racemosa*) is perhaps the most thoroughly studied of plants providing phytoestrogens. In Germany, standardized extracts of black cohosh have been used for decades to treat menopausal symptoms—the German Commission approved black cohosh as a natural treatment for menopause. In fact, a commercial extract of black cohosh, known by the trade name Remifemin (standardized to contain 1mg of triterpenes—calculated as 27-deoxyactein), is the most widely used natural alternative to HRT, with an estimated 1.5 million women worldwide having used this herbal preparation since 1956. In 1997 alone, over 10 million monthly units were sold in Australia, Germany and the U.S. Even the American Medical Association (AMA), which publishes the *Journal of Women's Health*, featured a review article confirming black cohosh's safety and effectiveness as a natural remedy for menopausal symptoms, particularly in cases where HRT is contraindicated, such as hormone-sensitive mammary carcinoma, endometrial carcinoma and malignant melanoma.<sup>7,16,19,29,45-49</sup>

**Squawvine** (*Mitchella repens*) is regarded as a female fertility and tonic herb known for its specific actions affecting the uterus—stimulating circulation, relieving congestion, improving tone and relaxing spasms. Squawvine has been used for dysmenorrhea, leucorrhea and uterine prolapsus—abnormal downward displacement of the uterus from its normal position within the pelvis. Squawvine also provides diuretic and mild sedative effects. In addition, squawvine has long been used to help relieve nervous exhaustion and irritability, and is also employed extensively to aid labor and childbirth.<sup>15,16,31,50-52</sup>

**False Unicorn** (*Chamaelirium luteum*) is regarded as an ovarian and uterine tonic and natural treatment for a variety of menstrual disorders—it is said to strengthen and tone the uterus and the entire reproductive system. False unicorn is best-known for correcting menstrual problems such as amenorrhea (absent or suppressed menstruation), dysmenorrhea, menorrhagia, PMS and menopausal symptoms, and for its ability to correct infertility and help prevent miscarriage. In addition, false unicorn may be beneficial in the treatment of early stages of cervical dysplasia (precancerous changes to the lining of the cervix), as well as pelvic inflammatory disease (infection of the uterus, fallopian tubes and adjacent pelvic structures, also known as chronic salpingitis). Women with endometriosis or uterine myoma (fibroids) should not use false unicorn, due to the herb's oestrogen-promoting effects. False unicorn is also not recommended during pregnancy, due to the herb's oxytocic (promoting contractions) effects.<sup>3,15,16,18,20,31,50,53-56</sup>

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