



village health clinic

naturopathic medicine & midwifery care

Science-based Natural Medicine Research Updates

Journal of Reproductive Medicine

Numerous published studies reveal Pycnogenol's effectiveness in **relieving menstrual disorders, such as relief of menstrual pain and endometriosis**, and it is patent protected for this application. Additional studies reveal Pycnogenol is a **natural anti-inflammatory**, which provides the basis for the rationale to use Pycnogenol to naturally moderate inflammatory pain sensation involved in menstruation.

A study published last year in the *Journal of Reproductive Medicine* revealed that Pycnogenol significantly reduces **symptoms of endometriosis by 33 percent**. This study also demonstrated that Pycnogenol **does not exert any estrogen-like activity**, which considerably adds to the safety for women who seek help for painful periods [dysmenorrhea].

"Dysmenorrheal pain is thought to be caused by elevated levels of inflammation and characterized by menstrual cramping pain, which may reach incapacitating severity," said Dr. Nobutaka Suzuki, lead researcher of the study. "Non-steroid anti-inflammatory drugs (NSAID) like aspirin or ibuprofen provide temporary help against menstrual pain. Unfortunately, they are generally ineffective for resolving spasmodic events and commonly cause side effects, particularly gastric problems."

Results showed treatment with Pycnogenol® lowered pain during menstruation, which was reflected by **a significant reduction of NSAID used**. The number of painful days due to dysmenorrhea decreased from an average of 2.1 days prior to treatment to 1.3 at both the third and fourth cycle. Discontinuation of Pycnogenol® did not cause an immediate relapse, and pain medication use did not increase.

While NSAID, oral contraceptives and hormone injections are the most common treatments, many women also seek safe and effective natural alternatives, such as Pycnogenol®.

About Pycnogenol ®

Pycnogenol® is a natural plant extract originating from the bark of the maritime pine that grows along the coast of southwest France and is found to contain a unique combination of procyanidins, bioflavonoids and organic acids, which offer extensive natural health benefits. The extract has been **widely studied for the past 35 years and has more than 220 published studies and review articles ensuring safety and efficacy as an ingredient**. Today, Pycnogenol® is available in more than 600 dietary supplements, multi-vitamins and health products worldwide.

Pharmaceutical grade Pycnogenol is available at the Village Health Clinic.*

Ask your naturopathic physician if Pycnogenol is right for you.

Nutraceutical Companies offering Pycnogenol:

*Douglas Laboratories
Pure Encapsulations*