Natural, Selective Estrogen Receptor Modulation for Hormonal Balancing

*GyneAndroPlex* represents an exciting, new class of natural, selective estrogen receptor modulators. It is a uniquely designed, nutriceutical formulation that supports anti-aging, hormonal balance in both women and men, promotes healthy, sexual function and fulfillment, helps safeguard the health of estrogen sensitive organs, especially the breasts, uterus, ovaries and prostate gland, and is a potent, highly bio-available, broad spectrum, anti-inflammatory, anti-aging complex that serves to significantly protect the vital organs, and all body cells from injury by free radical-induced oxidative stress. In essence, *GyneAndroPlex* is a new class of safe, effective, hormonal therapeutic support.

**Mechanisms of Action:**

*Pueraria mirifica*, also known in Asia as White Kwao Krua, belonging to the Family *Leguminosae*, is a medicinal plant and food native to Thailand and Myanmar. The plant root tuber of *Pueraria* accumulates a wide range of potent phytoestrogens. Miroestrol and deoxymiroestrol, which are unique to *Pueraria mirifica*, possess the highest estrogenic activity amongst the known, natural, phytoestrogenic compounds, due to their biochemical structural similarity to the human estrogenic hormone, estriol.

In addition to miroestrol and deoxymiroestrol, *Pueraria mirifica* also contains other phytoestrogenic isoflavones and coumestran, e.g., genistein, genistin, daidzein, daidzin, and coumestrol that are usually found in soybeans. The estrogenic activity of miroestrol and deoxymiroestrol is much more potent than that of the soy isoflavones.

According to renowned, Integrative CAM physician and researcher Dr. Garry Gordon, M.D., who has participated directly in research in Thailand, the region where *Pueraria* species are grown is remarkable for its very low incidence of hormone-associated degenerative diseases, including breast cancer, bone loss, and prostate problems, as well as for impressive longevity in both men and women. Dr. Gordon reported that “*Pueraria mirifica* is 3,000 times stronger than genistein” and “makes [the phytoestrogens in] Black Cohosh and Red Clover look like placebos.”

Dr. Gordon observed very positive, clinical responses in women with perimenopausal and postmenopausal fatigue, depression, and irritability, esp. when *Pueraria mirifica* was combined with vitamin B12 and folic acid.

Consolidated information on *Pueraria mirifica* was first published in the British journal *Nature* in 1960. The Thai Ambassador to the U.K. Court of St. James supplied the root sample to The National Research Laboratories in London. Dr. James C. Cain and his research associates, building on research published as early as 1940, concluded that *Pueraria* was at least a hundred times as rich in estrogenic activity as Red Clover. Moreover, as an adaptogen, it does not cause a rise in blood or urine estrogen levels.
Research studies on miroestrol and deoxymiroestrol in *Pueraria* have demonstrated:

- strong anti-mutagenic properties
- anti-carcinogenic effects, esp. among breast cancer and colon cancer lines
- relatively safe control of perimenopausal and postmenopausal symptoms, i.e., vasomotor instability, hot flashes, night sweats, and mood changeability, similar to effects exhibited by conjugated equine estrogens, but without the toxicity
- prevention and improvement of osteopenia and osteoporosis in both sexes
- significant improvement of blood lipid and cholesterol levels
- enhanced function of the endothelial lining of blood vessels
- cardiovascular protective properties
- prevention and reduction of prostate hyperplasia
- prevention and reduction of erectile dysfunction
- mammogenic effects, i.e., natural promotion of enlargement, toning and firming of the female breasts, by stimulating healthy, breast gland fibroblastic activity

Current scientific research recognizes that there are two types of estrogen cell surface receptors, the alpha receptor (ERα) and beta receptor (ERβ). ERα affects classical, estrogen sensitive tissues, e.g., breasts, uterine endometrium, ovarian stromal cells, male testes and vas deferens, and the hypothalamus in the brain. Whereas, ERβ affects non-classical, estrogen sensitive tissues, e.g., brain, bone, heart, lungs, kidneys, intestinal mucosa, and vascular endothelium in both sexes.

Excessive ERα stimulation can lead to breast cancer and other estrogen-dependent cancers. Competitive inhibition of ERα receptors by phytoestrogens, via blocking the binding of the stronger, estrogenic hormones, i.e., estrone and estradiol, can help protect against the development of estrogen-dependent cancers of the breast, uterus, ovaries and prostate. This is the physiochemical basis for the anti-carcinogenic effect of soy isoflavones, and various other naturally occurring phytoestrogens.

Phytoestrogens from various plant sources may either activate or inhibit ERα and/or ERβ receptors. Miroestrol and deoxymiroestrol in *Pueraria* preferentially powerfully stimulate ERβ receptors, and inhibit ERα receptors. Miroestrol and its derivatives are known to be approximately 3,000 times more potent than soy isoflavones with respect to estrogen receptor effects.

ERβ stimulation in the brain has been shown to protect neuronal cells from injury and death from excitotoxins, e.g., MSG. ERβ stimulation in the prostate gland helps protect against hyperplasia, and reduce symptoms of benign enlargement of the prostate.

*Pueraria mirifica* may constitute a new class of safe, non-toxic, effective, hormonal therapeutic support as natural, Selective Estrogen Receptor Modulators (SERMs), with estrogen agonist activity in certain tissues and antagonist activity in others, which help balance hormonal function, and possess significant, anti-aging, protective properties for estrogen sensitive tissues in both men and women.
**Seanol-P** (SeaPolynol, *Ecklonia cava* extract) is the most powerful and long-acting, natural, antioxidant now known. Unlike virtually all of the land-based, ‘hydrophilic’ (water-soluble) polyphenols, including catechins and EGCG from green tea extract, anthocyanosides from bilberry and blueberry extracts, proanthocyanidins from grape seed and pine bark extracts, etc., the effectiveness of Seanol-P is, in part, due to the fact that these sea-based, polyphenol-phlorotannin extracts contain large amounts of ‘lipophilic’ (fat-soluble), ‘hydrophobic’ (water-insoluble) compounds. This gives Seanol-P the unique ability to be easily absorbed into and concentrated in all the cells of the body, and also pass through the blood-brain barrier, thereby helping to protect and improve brain function, memory and mental clarity. In addition, the ‘lipophilic’ (fat-soluble) properties of the special polyphenols in Seanol-P allow it to remain in the body of humans and other mammals up to 12 hours, in contrast to the very short, thirty-minute half-life of the ‘hydrophilic’ (water-soluble), land-based polyphenol sources.

Seanol-P is rich in lipophilic polyphenol/phlorotannin complexes possessing long lasting, extremely potent, anti-oxidant, anti-inflammatory properties and is the result of over 14 years and more than $35 million of focused developmental funding and research.

The ORAC score for antioxidation potential (8,300) of Seanol-P is appreciably higher than most known land-based polyphenols. Phlorotannins are known to be very potent antioxidants and anti-inflammatory agents that significantly help to prevent and alleviate inflammatory and degenerative disorders of the central and peripheral nervous system, cardiovascular system, and all other cells, tissues, and organ systems of the body.

In addition, the lipophilic polyphenol/phlorotannin complexes in Seanol-P have a very long half-life, remaining in the mammalian metabolism up to 12 hours, as opposed to the brief, 30 minute half-life of the hydrophilic, land-based polyphenols. The ORAC score of Seanol-P for anti-oxidation potential of 8,300 units are significantly higher than those of most known hydrophilic, land-based polyphenols.

Depending upon the medical application examined, the in-vivo potency of Seanol-P tends to be from 100 to 1,000 times more than a similar quantity of land-based polyphenols, resulting both from its higher anti-oxidant potential, as well as its 24 times greater metabolic half-life.

As a result of over 14 years of in-vitro, in-vivo basic science and human clinical research, Seanol-P has been proven to provide the following anti-inflammatory, anti-diabetic, and cardiovascular, metabolic benefits:

1) Uniquely strong anti-oxidant scavenging of lipids, calcium and cholesterol, as well as ‘free radicals’ from the cardiovascular system, thereby lowering risk of cardiovascular events and stroke, lowering cholesterol levels and reducing vasculitis-induced neuropathy.

2) Strong anti-plasmin inhibition effect, i.e., normalizes vascular blood flow, thereby lowering blood pressure and increasing arterial blood flow.
3) Strong elastase agonist effect, thereby increasing the flexibility of the vascular system and helping normalize blood flow and blood pressure.
4) Significant anti-inflammatory effect, by inhibition of the Nf-kB inflammatory pathway, which also serves to normalize blood glucose levels and lead to statistically significant re-establishment of insulin sensitivity in the pancreas.

Seanol-P research studies have also shown significant improvement in sexual function, esp. libido enhancement in both men and women. Improvement is erectile function has been demonstrated as well (see Table III).

<table>
<thead>
<tr>
<th>Score Type</th>
<th>0 week (mean±SD)</th>
<th>8 week (mean±SD)</th>
<th>Change (%)</th>
<th>p Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total score</td>
<td>29.1 ± 13.1</td>
<td>47.0 ± 14.5</td>
<td>62</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Erectile Function (EF)</td>
<td>11.6 ± 6.5</td>
<td>19.3 ± 6.7</td>
<td>66</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Question 3*</td>
<td>1.9 ± 1.4</td>
<td>3.3 ± 1.5</td>
<td>74</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Question 4**</td>
<td>1.8 ± 1.4</td>
<td>3.2 ± 1.5</td>
<td>77</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Orgasmic Function (OF)</td>
<td>3.8 ± 2.7</td>
<td>7.1 ± 2.6</td>
<td>87</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Sexual Desire (SD)</td>
<td>5.0 ± 1.9</td>
<td>6.0 ± 1.6</td>
<td>20</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Intercourse Satisfaction (IS)</td>
<td>4.7 ± 3.0</td>
<td>8.2 ± 2.9</td>
<td>74</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Overall Satisfaction (OS)</td>
<td>4.0 ± 1.8</td>
<td>6.5 ± 1.9</td>
<td>62</td>
<td>&lt;0.01</td>
</tr>
</tbody>
</table>

*When you attempted sexual intercourse, how often were you able to penetrate (enter) your partner? Rated on a scale of 1 (almost never or never) to 5 (almost always or always); score of 0=no attempt made.
**During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner? Rated on a scale of 1 (almost never or never) to 5 (almost always or always); score of 0=no attempt made.

Recommended Indications:

- Help promote healthy hormonal balance in both women and men
- Support healthy, sexual function and fulfillment in both women and men
- Help control perimenopausal and postmenopausal symptoms in women
- Help prevent and improve osteopenia and osteoporosis in both sexes
- Help protect against development of estrogen-associated malignancies
- Help improve blood lipid and cholesterol levels and support cardiovascular health
- Help prevent and reduce prostate enlargement and erectile dysfunction (impotency)
- Naturally promote enlargement, toning and firming of the female breasts
- Help protect the brain, eyes, heart, blood vessels, joints, skin, and all cells, tissues, and vital and sexual organs from injury by free radical-induced oxidative stress
**Recommended Dosage:**

For women in the perimenopause: take one to two vegi-capsules twice daily.

For women with mild to moderate symptoms of the menopause or postmenopause: take two vegi-capsules twice daily.

For women with severe symptoms of the menopause or postmenopause: take three to four vegi-capsules twice daily for the first month, then two vegi-capsules twice daily.

For women desiring breast enlargement, and/or toning and firming: take one to two vegi-capsules twice daily.

For men with prostate problems, e.g., benign prostatic hypertrophy (BPH) or prostatic hyperplasia: take one to two vegi-capsule(s) once daily.

**GyneAndroPlex** is available from Progressive Labs at (800) 527-9512, order #7876.

**Precautions:**

The components of **GyneAndroPlex**, including *Pueraria mirifica* extract and Seanol-P, are considered safe when used as directed in the above-recommended dosage ranges.

Not recommended during menstruation, pregnancy, and for girls under 18 years old.

Mild, occasional, vaginal spotting may occur in some women, but is not significant.

Dosages greater than two vegi-capsules daily may, in some cases, possibly contribute to breast swelling and enlargement in men.

*Dr. Mitch Fleisher is a double board-certified family physician specializing in classical homeopathy, nutritional and botanical medicine, chelation, bio-oxidative, and bio-identical hormone therapy with over thirty years experience practicing the gentler art and science of integrative medicine. He serves as a professional consultant to several, major health care institutions and corporations, and contributes articles on homeopathic medicine, nutritional therapy, chelation therapy and integrative, complementary alternative medicine to medical journals and popular magazines worldwide. Dr. Fleisher has been an active member of ACAM since 2006.*

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