

# Case #1052: A Case Study Evaluating the Effects of a Combination Supplement Featuring Isoflavones from Kudzu and Red Clover in a Patient with Perimenopausal Symptoms

Dan Lukaczer, ND  
Functional Medicine Research Center<sup>SM</sup>, Gig Harbor, WA 98332

## PURPOSE

This case study was designed to show how a targeted nutritional supplement featuring isoflavones from kudzu and red clover, along with select herbs and vitamins for healthy estrogen metabolism, may improve hormone-related symptoms in a perimenopausal patient.

## PATIENT'S PRESENTATION AND HISTORY

A 48-year-old female presented with perimenopausal symptoms including hot flashes, night sweats, difficulty sleeping, and irregular menstrual periods. At the time of presentation, she was having 7-10 hot flashes and 2-4 night sweats per 24 hours.

The patient had a 20-year history of recurring iron-deficiency anemia and a 30-year history of recurrent genital herpetic lesions—both associated with fatigue. The patient was currently on an integrative protocol, and at the time of presentation she was experiencing some improvement in these conditions. She also suffered from long-term acne rosacea.

### Patient's Objective Information

- Height: 63"; weight: 112 lb; blood pressure: 102/62
- Physical exam: unremarkable
- Prescriptive medications and supplements: vitamins C, D, and E, folic acid, vitamin B<sub>12</sub> injections, calcium, zinc, glucosamine sulfate, fish oil, licorice, mushroom immune support formula, and lysine

## PLAN AND RESULTS

The patient was instructed to begin:

- Combination supplement providing isoflavones (from kudzu and red clover) turmeric, rosemary, and select vitamins for healthy estrogen metabolism and detoxification, 3 tablets before bedtime

### 7 Weeks after Starting the Combination Supplement Featuring Isoflavones from Kudzu and Red Clover

After 7 weeks, the patient was experiencing an average of only 1 hot flush and 0-2 mild night sweats per 24 hours. She noted that her hot flushes had decreased just 2 days after starting on the supplement. The patient was instructed to continue on the same dose (3 tablets/day).

### 16 Weeks after Starting the Combination Supplement Featuring Isoflavones from Kudzu and Red Clover

After 16 weeks, the patient reported her hot flushes and night sweats had completely abated. She was instructed to decrease the supplement dose to 2 tablets before bedtime, and to continue recording her hot flushes and night sweats.

### 24 Weeks after Starting the Combination Supplement Featuring Isoflavones from Kudzu and Red Clover

At 24 weeks, the patient reported a re-appearance of hot flushes when she decreased the supplement dose, so she had returned to the original dose (3 tablets/day). The plan was to continue on 3 tablets/day and attempt another dosage decrease 6 months later.

Hot Flush Summary

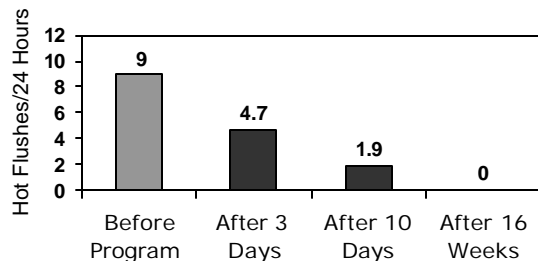


Figure 1. Within 16 weeks, the patient's average reported number of hot flushes per 24 hours decreased from 9 to 0. This result suggests the patient's hot flushes had completely abated with the combination supplement featuring isoflavones from kudzu and red clover.

### Night Sweat Summary

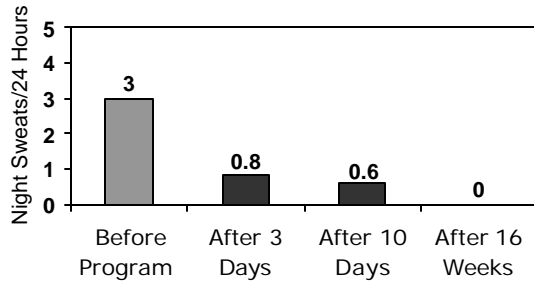


Figure 2. Within 16 weeks, the patient's average number of reported night sweats per 24 hours decreased from 3 to 0. This result suggests the patient's night sweats had ameliorated when using the targeted nutritional supplement for healthy estrogen metabolism and detoxification.

### SUMMARY

This case study demonstrated a dramatic improvement in perimenopausal symptoms—including hot flashes and night sweats—with the targeted nutritional supplement for healthy estrogen metabolism and detoxification.

### NOTE

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. Financial support for this study was provided by Metagenics, Inc. This study was conducted at the Functional Medicine Research Center (FMRC), the clinical research arm of Metagenics, Inc. Dan Lukaczer, ND, is the Director of Clinical Research at the FMRC.

*Case Study:* A Case Study Evaluating the Effects of a Combination Supplement Featuring Isoflavones from Kudzu and Red Clover in a Patient with Perimenopausal Symptoms. Metagenics, Inc; 042HF604.