
NUTRITIONAL SUPPORT USING ESTRIMUM MEDICAL FOOD AND A COMBINATION FORMULA FEATURING IRON GLYCINATE AND L-5-METHYL TETRAHYDROFOLATE (5-MTHF) IN A PATIENT WITH ENDOMETRIOSIS AND ANEMIA

Purpose

The purpose of this study was to show how targeted nutritional support with Estrium Medical Food (formerly EstroBalance) and a combination formula featuring iron glycinate and 5-MTHF, combined with a specialized dietary program, may be useful in some cases of endometriosis and iron deficiency anemia.

Patient's Presentation and History

A 36-year-old Caucasian female presented with a prior diagnosis of endometriosis. Her symptoms started at about age 30, and included significant premenstrual syndrome (PMS) and painful, long menstrual periods lasting 7-10 days. The patient also reported having cramps, increased menstrual flow, nausea, and alternating diarrhea and constipation. Laparoscopy confirmed a diagnosis of moderate endometriosis. She was treated with oral birth control (OBC), which helped with her cramping and extended menses. However, her digestive symptoms and PMS had not improved. At presentation, the patient was not taking any prescriptive medications, but she was taking an adrenal gland support supplement, licorice extract, and a multivitamin.

The patient had a history of cervical dysplasia that had resolved. She also had erratic periods that were treated with OBC in her twenties. She reported difficulties with the digestion of meat and intolerances to shellfish and high fatty foods, and therefore had been consuming a vegetarian diet. Her family history included stroke and type 2 diabetes.

Patient's Initial Findings:

- Ht: 65"; Wt: 144 lb; BP: 116/70
- Physical exam unremarkable
- Moderate score (26) in MSQ* questionnaire (Figure 1)
- Laboratory results indicated microcytic anemia with low hemoglobin, hematocrit, and ferritin (Figure 2)

Initial Plan

The following was prescribed for menstrual symptoms and iron deficiency anemia:

- Estrium Medical Food to promote healthy hormone balance, titrate up to 2 scoops/2 times per day, coupled with a dietary program
- Indole-3-carbinol and rosemary extract combination formula to promote healthy estrogen metabolism, 1 capsule/2 times per day
- Combination formula featuring black cohosh and magnesium to relieve menstrual cramps, 2 tablets every two hours as needed for cramping
- Combination formula featuring iron glycinate and 5-MTHF to alleviate iron deficiency anemia, 2 tablets/2 times per day

2 and 6 Week Results

After **2 weeks**, the patient reported gastrointestinal (GI) symptoms of flatulence and loose stools. Her plan was therefore changed to add a 1:1 soluble to insoluble fiber blend, ½ scoop/2 times a day. At this point, the patient was also instructed to use a maintenance dosage of Estrium Medical Food at 1 scoop per day.

At **6 weeks**, the patient was doing well with the program and noted feeling significantly better during her most recent menstrual period, which was much lighter and shorter. She did, however, report very mild cramping that had lasted only a few hours. She was having 1-2 bowel movements a day, no constipation, and improved GI symptomatology.

10, 18, and 21 Week Results

After **10 weeks**, the patient reported an overall 80% improvement in cycles and no further GI issues. Her laboratory results indicated improved anemia (Figure 1). She was instructed to add a vitamin B supplement (1 tablet/2 times per day) for hormonal support.

At the **18 and 21 week** visits, she reported continued improvement with minimal symptoms related to her menstrual cycle, no GI symptoms, and good energy levels. Her ferritin was still slightly below reference range after 21 weeks; therefore, the iron and 5-MTHF combination formula was increased to 2 tablets/3 times per day. The indole-3-carbinol and rosemary extract combination formula and vitamin B supplement were both discontinued to assess ongoing improvement.

30 and 33 Week Results

At the **30 and 33 week** visits, the patient noted a sustained improvement of symptoms and her laboratory results indicated the near normalization of complete blood count (CBC) and normalization of ferritin.

Conclusion

This case study has shown that an integrated program incorporating Estrium Medical Food combined with nutritional supplements to promote healthy hormone balance, along with a specialized dietary plan, can result in excellent long-term subjective improvements in symptoms of PMS, endometriosis, and dysmenorrhea. The patient also recovered from iron deficiency anemia, as demonstrated by laboratory results, in response to supplementation with a combination formula featuring iron glycinate and 5-MTHF, suggesting this is a very effective nutritional therapy.

Figure 1

After 30 weeks, the patient's MSQ* score decreased from a moderate score at 26 to a very low score of 4 (reference range: <30 = few or low intensity symptoms).

This result suggests notable improvements in general physical symptoms with nutritional support featuring the Estrium Medical Food and targeted nutritional supplements.

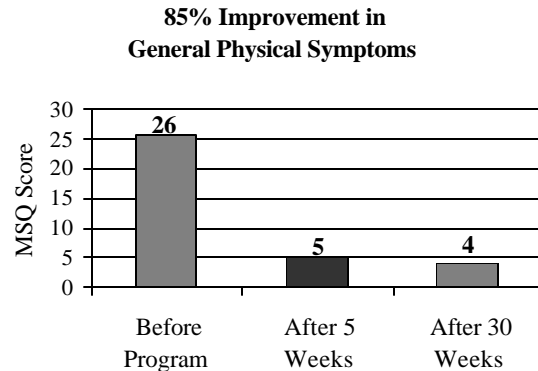


Figure 2

Laboratory results indicated the patient's ferritin increased from 8 ng/mL to within reference range at 30 ng/mL (reference range: 20-302 ng/mL) after 30 weeks.

This result suggests a considerable improvement in the patient's iron deficiency anemia with a combination formula featuring iron glycinate and 5-MTHF.

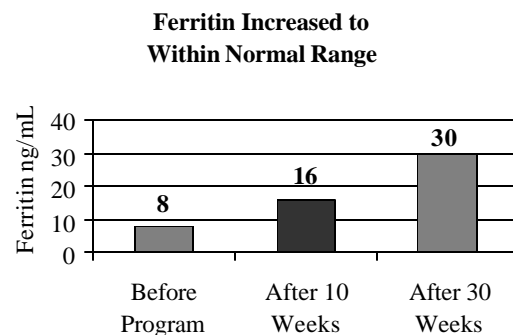
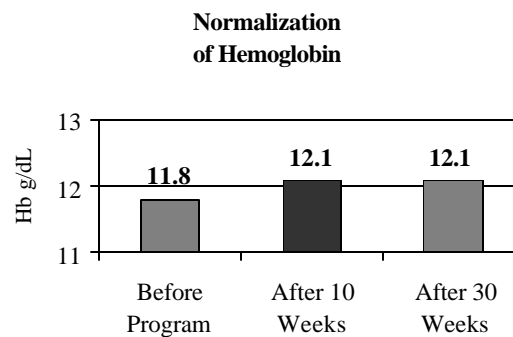


Figure 3

Laboratory results indicated the patient's hemo globin increased from 11.8 g/dL to within reference range at 12.1 g/dL (reference range: 12.0-16.0 g/dL).

The result suggests a noteworthy improvement in the patient's iron deficiency anemia with a combination formula featuring iron glycinate and 5-MTHF.



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*The Medical Symptoms Questionnaire (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

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. Estrium Medical Food is to be used under the supervision of a physician or other licensed healthcare practitioner.

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