

Perimenopausal symptoms such as hot flushes and mood swings are reduced by a standardized pollen and pistil extracts

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Abstract: The efficacy of a natural product, Femal/Haxvana, was tested in an open pilot study in 80 women suffering from menopausal transitional symptoms. Using VAS recordings, Femal was effective in reducing a number of symptoms, especially hot flushes, sweating and sleep disturbances.

Femal is named Haxvana in Japan.