



A multicomponent food supplement alleviates climacteric symptoms improving quality of life of menopausal women: A descriptive clinical study

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Objective:

To study the effects of the supplementation with a multicomponent food supplement on menopausal symptoms affecting women's quality of life (QoL).

Methods:

A prospective, unicentric, non-comparative, observational study in which women between 45 and 65-year-old with climacteric symptoms were supplemented daily with two capsules (one DAY and one NIGHT) of a Trigonella, cimicifuga and hops-based food supplement (Libicare® Meno) for 12 weeks. The QoL was measured with the validated Short-form Cervantes Scale¹ (SFCS), general health state with the EURQOL scale and mood with a Visual Analogue Scale (VAS) at 4 and 12 weeks. Plasma levels of vitamin D were also measured.

Results:

A total of **33 patients** participated in the study

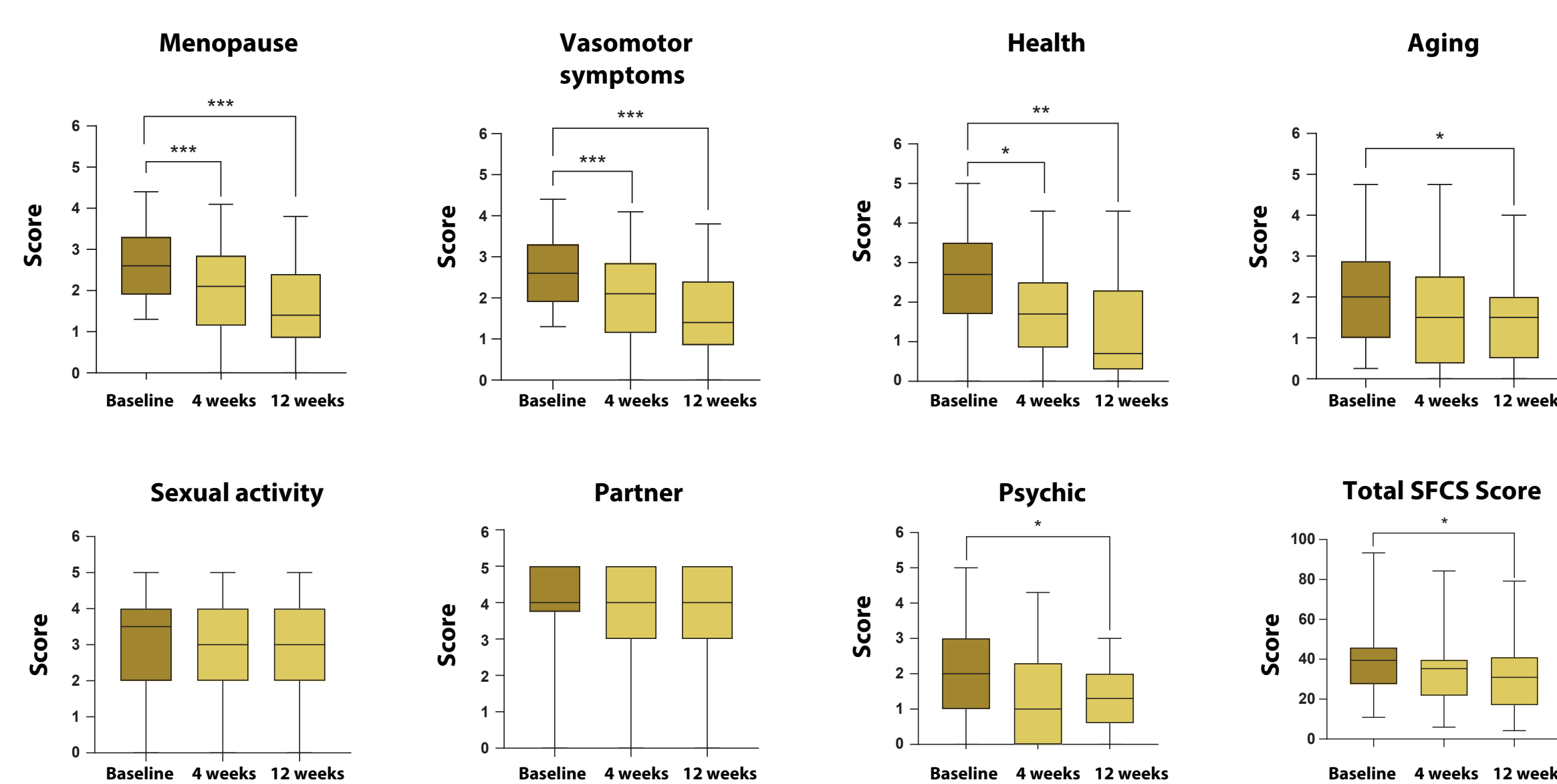


Figure 1: Punctuations obtained in the SFCS after 4 and 12 weeks of supplementation. Menopause, sexual activity, partner, and psychic SFCS domains; Menopause subdomains: vasomotor symptoms, health, and aging; SFCF Score; t-Student test with Welch's correction. *p < 0.05; **p < 0.01; ***p < 0.001.

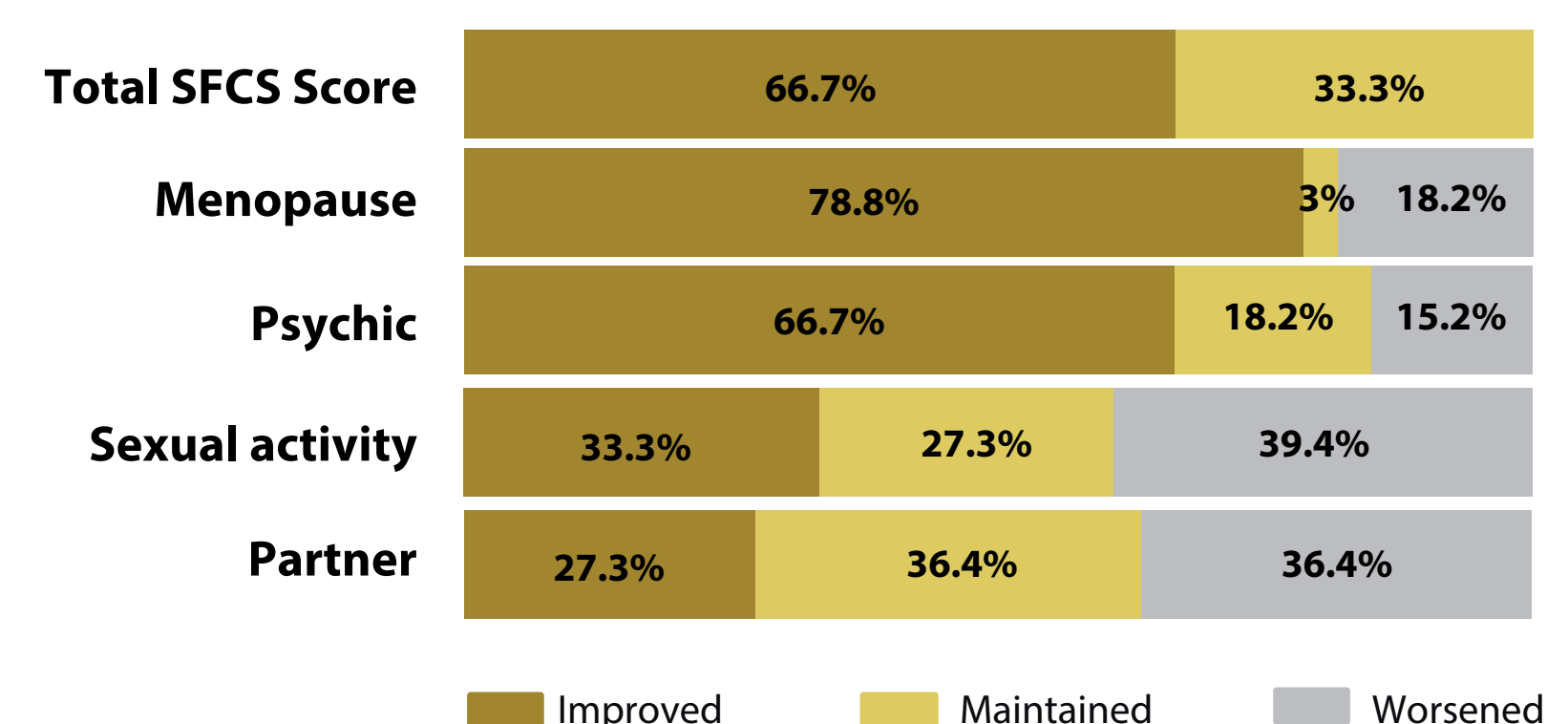


Figure 2: Percentage of women improved, maintained or worsened their punctuations obtained in the SFCS after 12 weeks.

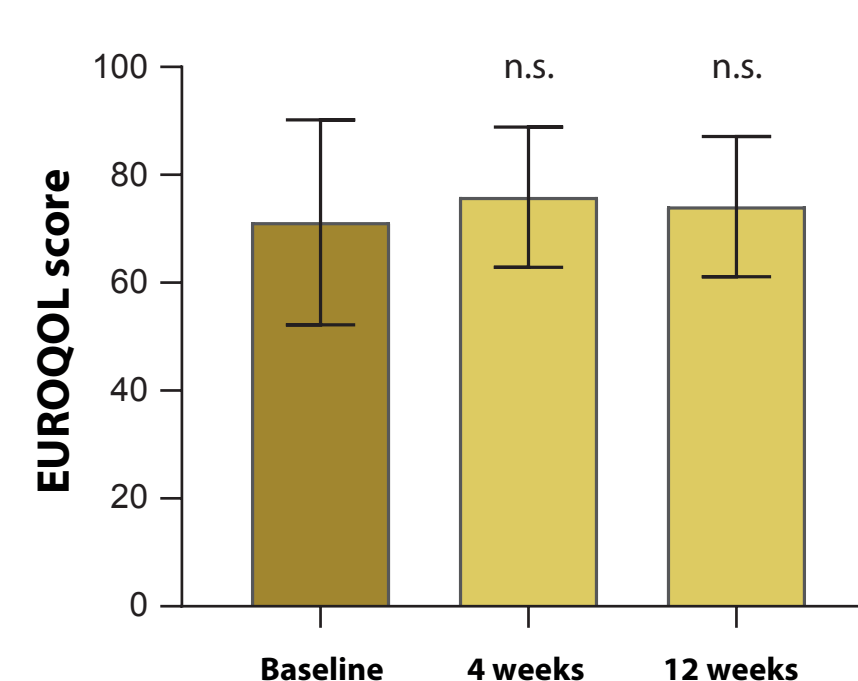


Figure 3: Punctuation obtained in the EUROQOL scale at baseline, 4 and 12 weeks.

*EUROQOL is a scale with a punctuation from 0 (worst) to 100 (best) overall health state.

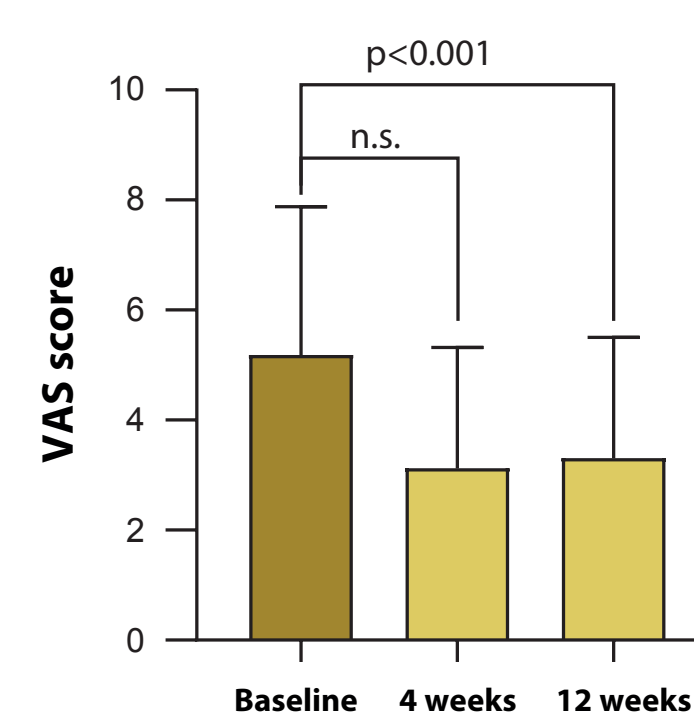


Figure 4: Punctuation obtained in the VAS (mood) scale at baseline, 4 and 12 weeks.

*VAS is a scale with a punctuation from 0 (best) to 10 (worst) mood state possible.

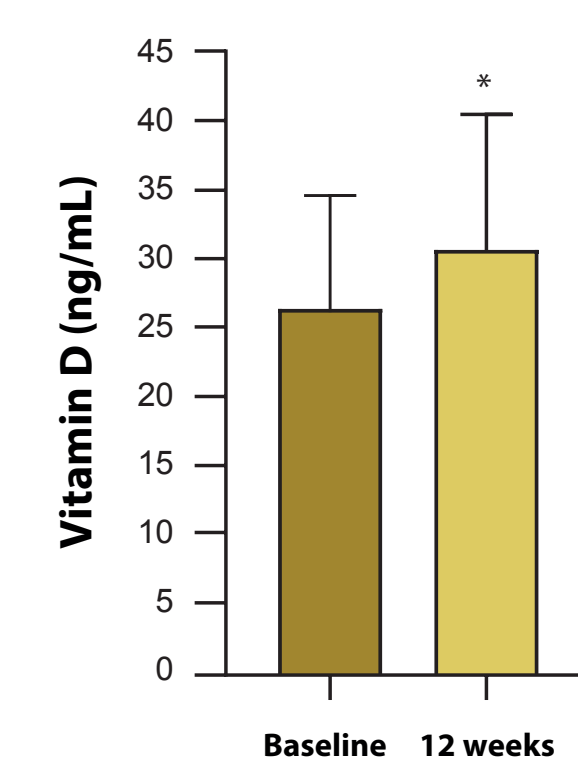


Figure 5: Vitamin D plasma levels were measured at baseline and after 12 weeks of supplementation. * p < 0.05 vs baseline.

Conclusions:

Libicare® Meno food supplement improved the QoL and mood of the symptomatic menopausal women, with remarkable improvement in the vasomotor symptoms.