

Pine Bark Extract Reduces Perimenopausal Symptoms



Research published in the *Journal of Reproductive Medicine* confirms that pine bark extract can significantly reduce symptoms of menopause and perimenopause, including restless legs syndrome and hot flashes. For three months, 170 perimenopausal women were given 30 milligrams of Pycnogenol patented pine bark extract or a placebo twice a day.

Although a placebo effect was noted, the supplement significantly improved all but two symptoms and was especially effective in improving vasomotor and insomnia/sleep patterns. The severity of symptoms among the Pycnogenol group, as measured by the Kupperman Index, decreased 56 percent more than for the placebo group.

In another study, scientists from Italy's Pescara University gave 70 perimenopausal women a placebo or 100 milligrams of Pycnogenol daily for two months. The supplement group experienced fewer menopausal symptoms and showed improvements with symptoms that include fatigue, insomnia, reduced concentration, memory problems, dizziness, depression and irritability.

Blood Pressure