Objective
In perimenopause, failure of estrogens induces alterations of hypothalamic function through neurotransmitters changes (dopaminergic activity and secreted melatonin are significantly decreased) leading to altered thermoregulation, vasomotor stability, mood regulation and psychological well-being, with an increase in hot flushes, psychological symptoms and poor sleep quality.

A pilot clinical study on the activity of a food supplement based on soy isoflavones, Magnolia, and Vitex agnus-castus, targeted at the menopausal vasomotor and psychological symptoms, was carried out.

Methods. Menopausal women with >5 hot flushes/day and mood and sleep changes, not requiring psychopharmacological treatment were treated with 1 tablet/day of containing soy isoflavones 60mg+L. sporogenes 109 spores+Magnolia officinalis extract 50mg+Vitex agnus-castus extract 40mg+vitamin D3 5µg for 12 weeks [Estromineral Serena Plus, Rottapharm|Madaus (ESP)].

Kupperman index was assessed at time 0, 4, 8 and 12 weeks.

Results. 53 women, mean age 53 years, in menopause for 2.8 years, 32% of whom had previously used HRT, were treated.

Hot flushes, night sweats, insomnia, irritability, anxiety, depressed mood, dizziness, tiredness, joint/muscle pain, headache, palpitations, paraesthesia, vaginal dryness, pain on sexual intercourse and decreased libido were gradually, steadily and significantly improved by ESP.

Unexpected events occurred in 4 cases (*2 of which resolved): gastralgia, breast tenderness, headache* and nervousness*. The doctor's overall assessment was good/excellent in 84% of cases.

Conclusions. ESP was effective in significantly reducing menopausal symptoms, takings advantage of the synergy of soy isoflavones, which act on vasomotor symptoms, of agnus castus, which acts on hot flushes and psychological symptoms, and Magnolia, which acts on anxiety, irritability and insomnia.