



MENOPAUSE SUPPORT:

GRAMINEX Flower Pollen Extract

Findings on Female Menopausal Disorders through the “Pollen Extract G63” of Graminex Company

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Female Menopausal Disorders occur at the onset of menopause, have as a characteristic of indeterminate complaints, interference even occurs with intercourse, and becomes a source of discord in partner relationships. A reduction of female hormones has been talked about as the cause. Here, we have examined the influence of pollen extract G63 on hormones and improvement of the associated indeterminate complaints.

Objective and Methods

Six females, four in menopause and two evidencing menopausal symptoms having menstrual period every 4~5 months, were studied for degree of improvement according to two hormones Estradiol and DHEAS and the consultation questionnaire. The period of the trial was from 1 to 3 months. The pollen extract used in the trial was produced by Graminex Company in Ohio, USA from the pollen of raw materials such as rye, corn, and timothy hay (referred to as *Phleum pratense* in Japan) which were cultivated without using agrochemicals or genetically modified varieties. The pollen which

has a double hull is not digested or absorbed even when ingested since it has strong resistance to acid and heat (cannot be destroyed even at 300°C). Graminex Company using a special technology is able to separately extract G60 (water soluble nutrition components) and GFX (lipid soluble components) and we received the product G63 which is a 20:1 combination G60 and GFX.

The dosage was 6 tablets per day; three tablets each taken after breakfast and dinner. One 250 mg tablet contains 62.5 mg of pollen extract.

(The daily quantity 375mg as pollen extract)

Our own medical questionnaire was prepared and the number of points evaluated. (Lower points indicate milder symptoms)

No.	Symptoms	None	Slightly Present	Medium Intensity	High Intensity
1	Heat sensitivity (burning sensation, hot flashes)	0	1	2	3
2	Chilling, numbness, edema of hands or feet	0	1	2	3
3	Perspiration	0	1	2	3
4	Tachycardia (rapid heartbeat)	0	1	2	3
5	Palpitation	0	1	2	3
6	Chest pains and breathlessness	0	1	2	3
7	Headaches	0	1	2	3

8	Feel heavy-headed	0	1	2	3
9	Insomnia	0	1	2	3
10	Depression	0	1	2	3
11	Irritability	0	1	2	3
12	Feeling of anxiety	0	1	2	3
13	Dizziness	0	1	2	3
14	Feel dizzy upon standing	0	1	2	3
15	Tinnitus (ringing in ears)	0	1	2	3
16	Stiff shoulders	0	1	2	3
17	Arthralgia in hands and feet	0	1	2	3
18	Lumbago	0	1	2	3
19	Numbness	0	1	2	3
20	Sensation like ants crawling on the skin	0	1	2	3

Results

Graminex Pollen Therapy Trials ... Female Menopausal Disorder

Name	Age	Examination day	Estradiol	DHEAS	Consultation questionnaire
O_T	48	-Before administration	Less than 10	65	17
		-After 2 months	Less than 10	83	21
Y_T	53	-Before administration	Less than 10	72	13
		-After 1 month	Less than 10	89	6
S_M	54	-Before administration	14	142	3
		-After 1 month	Less than 10	112	4
F_N	50	June 21, 2005	27	106	4
			20	79	2
N_A	63	June 21, 2005	Less than 10	121	5
			Less than 10	123	2
K_H	48	June 22, 2005	24	65	15
			Less than 10	74	10

Conclusion

The increase in Estradiol was 0 for all subjects. DHEAS increased in 4 out of the 6 subjects and the average was 14.2%. Indeterminate complaints improved in 4 of the 6 subjects for a 54.1% degree of improvement.

Discussion

It can be considered that the improvement observed in indeterminate complaints was due to the amino acids, vitamins, and mineral components of the pollen extract which in the body assisted the promotion of metabolism. Additionally, there is evidence of rejuvenation with secretion of DHEAS which normally peaks

for persons in their twenties. Moreover, the DHEAS value is also used as an indicator of female sexual desire and it can be considered that sexual appetite was also increased and it can be assumed that increased DHEAS helps to remove interference to intercourse for menopausal females.

Safety

Among the findings, in particular there were no side-effects and the supplement can be administered with peace of mind.

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