Help us find light at the end of the tunnel

Experiencing menopausal symptoms can be distressing for women, particularly when they start to occur when they have important roles in society, within the family and the workplace. Menopausal symptoms can start to occur in women up to 6 years before the cessation of menses or their menstrual periods, and then can persist for years.

Clinical trial for menopause relief

Changes in reproductive hormones during the menopausal transition can wreak havoc on womens' lives, with symptoms such as daytime hot flashes, night sweats, sleep disturbances, weight gain, headaches and mood changes.

It is estimated that up to 80% of women who are going through menopause (this includes all stages) experience hot flushes, with a vast majority rating them as moderate to severe.

This herbal formula is currently available on the market. Testimonials by some women have stated that it helped to reduce their menopausal symptoms.

Information about the clinical trial

This phase II double-blind, placebo controlled randomised clinical trial aims to assess the effectiveness of a herbal formula for women experiencing menopausal symptoms.

Involvement will include participation in a randomized placebo-controlled clinical trial, which means participants will be given either a placebo or an active product. A placebo is a treatment which is designed to have no therapeutic value, but is similar in look, taste and smell to the other treatment being tested.

It is an online telehealth trial, so is open to women from anywhere in Australia and you will not be required to visit a trial site. The trial is a herbal medicine based trial for 12 weeks.

Who are we seeking?

We are seeking generally healthy menopausal women aged between 40 and 66 years who experience 3 or more vasomotor symptoms (hot flushes) within a 24-hour period. You need to have a body weight index (BMI) between 18-30 kg/m2 and have normal liver and kidney function.

Further information

For further information about the trial and the trial locations, please visit the following website. We invite you to complete the screening survey, and leave your contact details.

https://redcap.link/ood4lh3s

Alternatively, use the following QR code. You can also contact our lead researcher below. The participant information sheet can be requested via email from ncnmtrials@scu.edu.au.

Contact

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This project has been approved by the Southern Cross University Human Research Ethics Committee, SCU HREC No: 2021/036