

THE SPECIAL EXTRACT ERr 731[®] ALLEVIATED ANXIETY AND DEPRESSION AND IMPROVED QUALITY OF LIFE IN SYMPTOMATIC PERIMENOPAUSAL WOMEN

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Background: ERr 731[®] (the special extract from the roots of *Rheum rhaponticum*) has been demonstrated to reduce climacteric symptoms in a 12-week randomized controlled trial (RCT) and a 2-year observational study (OS). In that RCT, ERr 731[®] also alleviated anxiety and depressive symptoms. Subsequently, a confirmatory clinical study was conducted, and results related to climacteric symptom reduction were published. The objective of this report was to summarize additional findings from this new study, focusing on mood and quality of life measures.

Hypothesis/Purpose: ERr 731[®] is significantly more effective than placebo in alleviating anxiety and depressive symptoms in perimenopausal women.

Study Design: A 12-week, multicenter, double-blind RCT followed by a 1-year open-label OS.

Methods: During the RCT, 112 symptomatic women were randomized to receive ERr 731[®] or placebo for 12 weeks. During the OS, 89 women from the RCT (including 44 originally receiving ERr 731[®] and 45 receiving placebo) agreed to take ERr 731[®] for 1 year. Symptoms were assessed by Beck's Anxiety Index (BAI) and Beck's Depression Inventory-II (BDI-II). Quality of life was assessed by the Menopause-specific Quality of Life Questionnaire (MENQOL).

Results: After the 12-week RCT, BAI total score decreased with ERr 731[®] (from 24.2±10.0 to 9.8±7.6 points) compared with placebo (from 25.1±11.2 to 23.7±12.1); the between-group difference was significant ($p < 0.0001$). After all women received ERr 731[®] for ~1 year in the OS, the mean BAI remained low (5.9 in women originally receiving ERr 731[®] and 6.8 in women receiving placebo during RCT), indicating sustained beneficial effect of ERr 731[®]. Similar to BAI findings, BDI-II and MENQOL scores were also significantly improved with ERr 731[®] at the end of the RCT and sustained throughout the OS.

Conclusion: ERr 731[®] provided significant and sustained relief for anxiety and depressive symptoms and significantly improved the quality of life in perimenopausal women.