Vital Health Pharmacist

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A Place for Consultation, Hormone Balance, and Functional Health

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Note: This handout also applies to Female Balance Plant Based Estrogen cream

Vitamin E/Plant-based estrogen suppositories are formulated to provide natural, soothing relief for common vaginal dryness associated with normal menopause and perimenopause. Made with Vitamin E and Plant-based estrogen in a soothing base, these suppositories offer long-lasting moisture and comfort.

FEATURES:

• Moisturizing Relief: Helps alleviate vaginal dryness commonly experienced during menopause.

• Natural Ingredients: Crafted with Vitamin E, and plant-based estrogen for gentle hydration.

• Long-Lasting Moisture: Provides prolonged moisture to promote comfort and well-being.

• Convenient Use: Designed as easy-to-use suppositories for targeted relief.

KEY BENEFITS:

- Hormone replacement therapy in perimenopausal, menopausal, and postmenopausal women
- Postmenopausal vaginal dryness, atrophy, burning, itching
- Recurrent urinary tract infections in postmenopausal women by modifying the vaginal flora and significantly lowering the pH
- Other postmenopausal complaints such as hot flashes and insomnia

Vitamin E/Plant-based estrogen suppository is a specially compounded product designed to alleviate a range of menopausal symptoms, including Atrophic Vaginitis, Vulvovaginal Atrophy, Genitourinary Syndrome of Menopause, Postmenopausal Vaginal Dryness, and Dyspareunia. This medication contains Estriol, a form of estrogen, which is a hormone that plays a crucial role in managing menopausal symptoms, especially in the vagina.

Vitamin E/Plant-based estrogen suppository delivered directly into the vaginal canal and is a safe and effective treatment for a variety of menopausal conditions. It can be used alone or in combination with other treatments, depending on the specific needs and medical history.

Vitamin E and Estriol works by stimulating the production of mucus in the vagina, which aids in reducing dryness and irritation. They also help to decrease inflammation and enhance the elasticity of the vaginal walls. This can be particularly beneficial for those experiencing pain during intercourse, a condition known as dyspareunia.

ESTRIOL (E3)

DID YOU KNOW?

- Estriol has been widely used in Europe for decades (over 80 years) and in North America for at least 25 years.
- Estriol has been studied extensively worldwide and especially in Japan. (New papers are presented every month)
- Since there are no "downstream" metabolites, oral Estriol may offer many benefits for postmenopausal women without the side effects
- The primary forms of estrogen include three substances- estrone, estradiol and estriol. Estrone sulphate is the form of estrogen found in Premarin®, while 17-B Estradiol is the form of estrogen found in the products Estrace®, Vivelle®, Climara®, as well as compounded form called Biest which contains both Estradiol and Estriol.
- During pregnancy, Estriol is produced in much greater quantities than Estrone and Estradiol-hence its protective effect.
- **In 1966, H.M.Lemon, M.D. demonstrated that women with breast cancer have lower estriol levels. Later, he showed that women without breast cancer had naturally higher estriol levels (compared to estrone and estradiol) than those with breast cancer.**
- Receptor binding studies have indicated that estriol has only low relative binding affinity to endometrial estrogen receptors (about 10% of Estradiol), whereas it has a relatively strong binding affinity to vaginal estrogen receptors (equal to Estradiol). This means that after a single dose of estriol, the binding to the endometrial estrogen receptor is too short to induce true proliferation, while its binding to the vaginal estrogen receptor is sufficient to exert a full vaginotropic effect. **Because of estriol's strong vaginotropic effect it is thought to be the estrogen most beneficial to the vagina, cervix, and vulva. In cases of postmenopausal vaginal dryness and atrophy, which predisposes a woman to vaginitis and cystitis, estriol supplementation would theoretically be the most effective (and safest) estrogen to use.**
- The intravaginal administration of **estriol prevents recurrent urinary tract infections in postmenopausal women** by modifying the vaginal flora and significantly lowering vaginal pH**.** Lactobacilli, a protective bacterium, (absent prior to therapy) reappeared after one month in 61% of patients given estriol but in no patient receiving placebo. (Cardozo et al, 1998: Raz & Stamm, NEJM 1993; 329:753-6)
- It is suggested that Vitamin E administered daily with estriol therapy will improve Estriols activity in the body. Oral doses of up to 16mg per day have been documented. The most common oral dosage range is 1-4mg per day. Biest is a combination of 2 different estrogens (generally Estriol and Estradiol) used to express the protective effects of estriol on the breast and uterus while recognizing the benefits of estradiol and estrone for bones and cardiac protection. Also, it is generally recognized that 2 or more drugs with the same pharmacologic action in the body can elicit a greater response when used together by acting synergistically. This generally results in fewer side effects and a better overall therapeutic response.
- A Taiwan study concluded that estriol was very effective in the improvement of major subjective climacteric complaints in 86% of patients, especially hot flush and insomnia within 3 months. The atrophic genital changes caused by estrogen deficiency were also improved satisfactorily.

STORAGE

Store at room temperature (between 68-77 degrees F or 20-25 degrees C) away from light and moisture. Do not store in the bathroom or car. Avoid exposure to heat. Storage requirements may depend on dosage form used.

SIDE EFFECTS

In the literature, estriol has been shown to be a safe and effective treatment for menopausal symptoms, especially urogenital and vaginal symptoms, and shown to improve bone density. It has been marketed by several companies for many, many years outside the United States, and formerly in the U.S with no reported problems concerning safety, including no increase in the risk for breast cancer**.** These suppositories are very well tolerated but they rarely may cause nausea, breast tenderness, and headaches. Please contact your health care provider or the pharmacy/apothecary.

PRECAUTIONS:

This medication should not be used during pregnancy. If you become pregnant or think you may be pregnant, inform your doctor right away. It is not known whether this drug passes into breast milk. Consult your doctor before breastfeeding.

If you have any questions about this product, please do not hesitate to contact us. Our team is here to assist you in finding the most suitable treatment for your condition.

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