

Table E-49. Therapies used in trials comparing nonprescription nonhormone with placebo

Study	Arm	N	RxCa t	Dose	Route	Generic	Trade	Est Dose
Chenoy 1994	1	28	Plac		Oral			
	2	28	See Note	4000 mg primrose oil + 80 vitamin E	Oral			
Murkies 1995	1	30	Plac	45g	Suppl	unbleached wheat flour		
	2	28	Isofl	45g	Suppl	soy flour		
Hirata 1997	1	36	Plac		Oral			

Study	Arm	N	RxCa t	Dose	Route	Generic	Trade	Est Dose
	2	35	Dong Q	4.5g	Oral	Angelica sinensis		
Albertazzi 1998	1	53	Plac		Suppl			
	2	51	Isofl	76 mg	Suppl	soy protein	Supro Brand	
Baber 1999	1	26	Plac		Oral			
	2	25	Isofl	40 mg	Oral	isoflavone	Promensil	
Wiklund 1999	1	191	Plac		Oral			
	2	193	Gins	200 mg	Oral		Ginsana G115	
Barnhart 1999	1	30	Plac		Oral			
	2	30	DHEA	50mg	Oral			
Upmalis 2000	1	86	Plac		Oral			
	2	89	Isofl	50mg	Oral	soy isoflavones		
Kotsopoulos 2000	1	50	Plac		Suppl	casein		
	2	44	Isofl	118 mg	Suppl			
Davis 2001	1	27	Plac		Suppl			
	2	28		See Note	Suppl			
Faure 2002	1	36	Plac		Oral			
	2	39	Isofl	70mg	Oral	soy isoflavones	Phytosoya	
Han 2002	1	40	Plac		Oral			
	2	40	Isofl	100mg	Oral			
Tice 2003	1	85	Plac		Oral			
	2	83	Isofl	57.2 mg	Oral	isoflavones	Rimostil	
	3	84	Isofl	82 mg	Oral	isoflavones	Promensil	
Penotti 2003	1	34	Plac		Oral			
	2	28	Isofl	72mg	Oral	isoflavones		
Burke 2003	1	70	Plac		Suppl			
	2	76	Isofl	42 mg	Suppl	soy protein		
	3	65	Isofl	58 mg	Suppl	soy protein		
Sammartino 2003	1	31	Plac		Oral	calcium		

Study	Arm	N	RxCa t	Dose	Route	Generic	Trade	Est Dose
Nahas 2004	2	32	Isofl	36 mg	Oral	genistein		
	1	25	Plac		Oral			
Atkinson 2004	2	25	Isofl	60 mg	Oral	isoflavones	Isosoy	
	1	103	Plac		Oral			
Hartley 2004	2	102	Isofl	26mg biochanin A + 16mg formononetin + 1mg genistein + 0.5mg daidzein	Oral	red clover derivatives	Promensil	
	1	27	Plac		Oral			
Winther 2005	2	30	Gins	120 mg GK501 + 200 mg G115	Oral	GK501 + G115	Gincosan	
	1	32	Plac		Oral			
Frei-Kleiner 2005	2	32	See Note	80 mg GC + 240 mg PI 82	Oral	GC Fem + PI 82	Femal	
	1	41	Plac		Oral			
Verhoeven 2005	2	81	B Coh	avg 42 mg (29-55 mg)	Oral			
	1	64	Plac		Oral			
Kok 2005	2	60	See Note	50 mg Isoflavones + 8 mg deoxyacetein +1500 mg primrose oil + 0.00125 Vit D + 200 mg calcium	Oral	soy extract + black cohosh		
	1	102	Plac	36.5 g	Suppl			
Hidalgo 2005	2	100	Isofl	52 mg genistein, 41 mg daidzein, 6 mg glycitein	Suppl		Solae soy protein	
	1	53	Plac		Oral			

Study	Arm	N	RxCat	Dose	Route	Generic	Trade	Est Dose
Dodin 2005	2	53	Isofl	80 mg	Oral	red clover isoflavone		
	1	94	Plac		Suppl	wheat germ		
Osmers 2005	2	85	Flax	40g	Suppl	flax seed		
	1	141	Plac		Oral			
Mucci 2006	2	145	B Coh	40 mg	Oral	black cohosh	Remifemin	
	1	45	Plac		Oral			
Heger (m) 2006	2	44	See Note	isoflavones: 60 mg; lactobacillus sporogenes: 500 million spores; magnolia extract: 60 mg; magnesium: 50 mg	Oral	isoflavones + lactobacillus sporogenes + magnolia extract + magnesium		
	1	55	Plac		Oral			
Lewis 2006	2	54	See Note	4 mg	Oral	rheum rhaponticum	Phytoestrol N	
	1	33	Plac		Suppl			
Uebelhack 2006	2	33	Isofl	42 mg	Suppl	isoflavone		
	3	33	Flax	50 mg	Suppl	flaxseed		
	1	150	Plac		Oral			
Sammartino 2006	2	151	See Note	3.75 mg Black Cohosh Native Extract + 70 mg St John's Wort Native Extract	Oral		Remifemin plus St John's wort	
	1	39	Plac		Oral	calcium		
Casini 2006	2	36	See Note	60 mg I + 20 mg L + 1.25 c. racemosa	Oral		Euclim	
	1	77	Plac		Oral			
	2	77	Isofl	60 mg	Oral	aglycone		

Study	Arm	N	RxCat	Dose	Route	Generic	Trade	Est Dose
Nahas 2007	1	38	Plac		Oral			
	2	38	Isofl	100 mg	Oral	isoflavone	Glycine max AT	
Yang 2007	1	75	Plac		Oral			
	2	80	See Note	200 mg	Oral	Maritime Pine Extract	Pycnogenol	
Chung 2007	1	35	Plac		Oral			
	2	42	See Note	0.0364mL extract from Cimicifugae + 84 mg dried extract from Hypericum perforatum	Oral		Gyno-plus	
Cheng 2007	1	25	Plac		Suppl			
	2	26	Isofl	60 mg	Suppl	isoflavones		
Ho 2007	1	91	Plac		Oral	starch		
	2	85	Isofl	80 mg	Oral	soy isoflavones		
Cancellieri 2007	1	65	Plac		Oral			
	2	60	Isofl	72 mg	Oral	soy beans, red clover, black cohosh		
Haines 2008	1	39	Plac		Oral			
	2	45	See Note	3 g	Oral			
Jou 2008	1	30	Plac		Suppl			
	2	34	Isofl	135 mg	Suppl	isoflavones	SoyLife	
	3	32	Isofl	135 mg	Suppl	isoflavones	SoyLife	
Khaodhiar 2008	1	45	Plac		Oral			
	2	48	Isofl	40 mg	Oral	daidzein-rich isoflavone aglycones		
	3	49	Isofl	60 mg	Oral	daidzein-rich isoflavone aglycones		
Ferrari 2009	1	94	Plac		Oral			
	2	82	Isofl	80 mg	Oral	isoflavones	Fisiogen/Zavital	
van der Sluijs 2009	1	46	Plac		Oral			
	2	46	See	3820 mg	Oral			

Study	Arm	N	RxCat	Dose	Route	Generic	Trade	Est Dose
			Note					
D'Anna (m) 2009	1	117	Plac		Oral			
	2	119	Isofl	54 mg	Oral	isoflavone		
van Die 2009	1	50	Plac		Oral			
	2	50	See Note	900 mg H + 1000 mg V	Oral			
de Sousa-Munoz 2009	1	42	Plac		Oral			
	2	42	Isofl	120 mg	Oral	isoflavones	Isoflavin Beta	
Labrie 2009	1	53	Plac		VagO vu			
	2	53	DHEA	3.25 mg	VagO vu	DHEA	Prasterone	
	3	56	DHEA	6.5 mg	VagO vu	DHEA	Prasterone	
	4	54	DHEA	13 mg	VagO vu	DHEA	Prasterone	
Panjari 2009	1	43	Plac		Oral			
	2	46	DHEA	50 mg	Oral			
Basaria 2009	1	46	Plac		Suppl	casein protein		
	2	38	Isofl	160 mg	Suppl	isoflavones (soy protein)		
Radhakrishnan 2009	1	41	Plac		Oral	casein		
	2	44	Isofl	75 mg	Suppl	soy protein		
Lee 2010	1	44	Plac		Oral			
	2	43	Isofl	350 mg	Oral	isoflavone	Rexflavone	
Garcia 2010	1	28	Plac		Oral			
	2	103	See Note	300 mg E. ulmoides +150 mg V radiata	Oral		Nutrafem	
Lipovac 2010	1	59	Plac		Oral			
	2	50	Isofl	80 mg	Oral	red clover extract (MF11RCE)		

Study	Arm	N	RxCa t	Dose	Route	Generic	Trade	Est Dose
Shen 2010	1	44	Plac	500 mg	Oral	starch		
	2	47	See Note	500 mg	Oral	green tea polyphenols		
Jassi 2010	1	25	Plac	30 g	Suppl	casein protein		
	2	25	Isofl	60 mg	Suppl	soy protein		
	3	25	Isofl	60 mg	Oral	soy isoflavones		
Evans 2011	1	42	Plac		Oral			
	2	41	Isofl	30 mg	Oral	genistein	geniVida	
Hsu 2011	1	25	Plac		Suppl			
	2	25	See Note	24 mg	Suppl			
Andrikoula 2011	1	34	Plac		Oral			
	2	36		See Note	Oral			
Levis 2011	1	126	Plac		Oral			
	2	122	Isofl	200 mg	Oral	soy protein (genistein and daidzein)	Novasoy	
Plotnikoff 2011	1	59	Plac		Oral			
	2	62	See Note	7.5g	Oral	keishibukuryogab (TU-025)		
	3	57	See Note	12.5g	Oral	keishibukuryogab (TU-025)		
Chang 2011	1	33	Plac		Oral			
	2	31	See Note	257.1 mg	Oral	cynanchum wilfordii + phlomis umbrosa +angelica gigas	EstroG-100	
Auerbach 2012	1	38	Plac		Oral	sunflower oil		
	2	43	See Note	0.254 mg	Oral	pomegranate seed oil	PEKANA	
Cianci 2012	1	60	Plac		Oral			
	2	60	Isofl	60 mg	Oral			

Study	Arm	N	RxCat	Dose	Route	Generic	Trade	Est Dose
Kim 2012	1	36	Plac		Oral			
	2	36	Gins	3000	Oral	red ginseng		
Xia 2012	1	36	Plac		Oral			
	2	36	See Note	3500 mg	Oral	Du zhong + Bu gu zhi + Dan shen	Jiawei Quig'e Fang	
Ye 2012	1	30	Plac		Oral			
	2	30	Isofl	84 mg	Oral	soy germ isoflavone	SoyLife EXTRA	
	3	30	Isofl	126 mg	Oral	soy germ isoflavone	SoyLife EXTRA	
Aso 2012	1	60	Plac		Oral			
	2	66	Isofl	10mg	Oral	equol		
Amato 2012	1	134	Plac		Oral			
	2	135	Isofl	80	Oral	aglycone soy isoflavone		
	3	134	Isofl	120	Oral	aglycone soy isoflavone		
Colau 2012	1	51	Plac		Oral			
	2	50	B Coh				Actheane	
Lima 2012	1	25	Plac		VagGel			
	2	30	Isofl	50	VagGel	isoflavone	Glycine max L. Merr.	
Pandit 2012	1	25	Plac		Oral			
	2	29		See Note	Oral			
Schellenberg 2012	1	54	Plac		Oral			
	2	57	B Coh	6.5	Oral			
	3	55	B Coh	13	Oral			
von Hagens 2012	1	32	Plac		Oral			
	2	62		See Note	Oral	ovaria bovis, ovaria comp.		
Yang 2012	1	104	Plac		Oral			
	2	111		See Note	Oral		Gengnianningxin or Bushen	
Colacurci 2013	1	62	Plac		Oral			
	2	62	Isofl	60	Oral			

Study	Arm	N	RxCat	Dose	Route	Generic	Trade	Est Dose
Crawford 2013	1	38	Plac		Oral			
	2	28	Isofl	33-66 mg	Oral		Novosoy 400	
	3	64	Isofl	100-200 mg	Oral		Novosoy 400	
Kohama 2013	1	77	Plac		Oral			
	2	79	See Note	30	Oral	procyanidins	Pycnogenol	
Zhong 2013	1	54	Plac		Oral			
	2	54		DongQ	Oral	xian mao, xian ling pi, ba ji tian, dang gui, zhi mu, huang bai	Er-Xian decoction	
Chi 2013	1	33	Plac		Oral			
	2	37	Isofl		Oral			
Mainini 2013	1	75	Plac		Oral			
	2	75	Isofl	80	Oral			
Constantine 2014	1	456	Plac		Oral			
	2	463	See Note	60	Oral	ospemifene		
Constantine 2014	1	63	Plac		Oral			
	2	363	See Note	60	Oral	ospemifene		
Constantine 2014	1	268	Plac		Oral			
	2	276	See Note	60		ospemifene		

B coh: black cohosh; DHEA: Dehydroepiandrosterone; DongQ: dong quai; Gins: ginseng; Isofl: isoflavone; (m): trial contains data from multiple publications; Plac: placebo; Suppl: dietary supplement