

FENNEL EXTRACT 5% VAGINAL CREAM

Fennel vaginal cream improves the signs and symptoms of vaginal atrophy in postmenopausal women, researchers from Iran report.

"The most exciting results were improving the vaginal maturation index and vaginal atrophy," Dr. Parvin Abedi from Ahvaz Jundishapur University of Medical Sciences, Ahvaz, told Reuters Health by email.

"Dyspareunia was improved also in participants. Since Iranian postmenopausal women do not accept the hormone therapy because of its potential risk factors, using fennel will be a good alternative for them."

According to one international survey of more than 4,000 middle-aged women, 39% of postmenopausal women had moderate to severe symptoms of vaginal atrophy, 42% had no information about its treatment, and more than 50% of affected women said their vaginal atrophy negatively affected their quality of life.

Fennel (*Foeniculum vulgare*) has been used in traditional Iranian medicine and modern phytotherapy for its antioxidant, estrogenic, anti-inflammatory, and other properties.

Dr. Abedi and colleagues investigated the effects of a 5% fennel cream on vaginal atrophy in a double-blind, randomized, placebo-controlled study of 60 postmenopausal women. All 60 women completed the eight-week study.

After eight weeks, the number of superficial cells increased and the number of intermediate and parabasal cells decreased significantly in the fennel group, compared with the placebo group.

Significantly more women in the fennel group than in the placebo group experienced relief of itching (100% vs. 43.3%, respectively), dryness (100% vs. 3.3%), pallor (100% vs. 0%), and dyspareunia (93.3% vs. 0%), the researchers report in *Maturitas*, online November 12.

Before treatment, none of the women had maturation vaginal indices (MVI) in the normal range (65-100). After treatment, all women in the fennel group and none in the placebo group had MVI between 65 and 100. In the placebo group, only 40.7% of women had MVI between 50 and 64, and the rest had MVI between 0 and 49.

"According to results of this study, fennel is an effective therapy for vaginal atrophy in postmenopausal women, which is also devoid of the side effects," the researchers conclude. "Larger studies are necessary to confirm the positive impacts of fennel on the vaginal symptoms occurring in postmenopausal women."

Dr. Abedi said "recommendation for using fennel less frequently needs more evidence-based research. However, we think that it will be work if women use it for 8 weeks and then reduce the usage to 2-3 times a week."

"We are working on other traditional Iranian herbs in the reproductive aged and postmenopausal women," she added.

Our Fennel Extract 5% Vaginal Cream 50gm

Our Fennel Extract Cream is made in a suitable base which is a very smooth, oil free, fragrance free, paraben free and hypoallergenic moisturising cream. The usual dose is to insert 1ml into the vagina every night for 1 week then twice a week. It is supplied in a special EMP Jar that allows the patient to draw up the amount into a 1ml syringe.

USING THE SYRINGE METHOD:

Using the cream jar: Unscrew the small white cap - Take the end of the syringe(plunger) completely out and place on the bench and place the tip of the syringe into the "pink" hole at the top of the jar (Some pressure will need to be applied here). Holding it upright, push from the bottom up ensuring you hold onto the syringe. You will see the cream moving up the syringe. Once it reaches the line at the top of the syringe you place the end back into it and measure out the dose you require.

Storage: Store in a cool area away from direct sunlight.

SOURCE: <http://bit.ly/1J1SQ7S>

. Malini T, Vanithakumari G, Megala N, Anusya S, Devi K, Elango V.
Effect of *Foeniculum vulgare*. Mill seed extract on the genital organs of male and female rats.
Indian Journal of Physiology and Pharmacology.1985;29(1):21-26. [PubMed]