

# The Effects of Remifemin® on Subjective Symptoms of Menopause

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## ABSTRACT

The authors studied the changes in subjective symptoms of menopause in 2016 Hungarian women who had been treated with an isopropanol extract of *Cimicifuga racemosa* (black cohosh). The inclusion criteria were age (40–65 y), Kupperman index (20), and refusal or contraindication for estrogen therapy. The severity of the symptoms was evaluated at the start of the study and at the end of 4, 8, and 12 weeks of treatment. The average decrease in Kupperman index after 12 weeks of therapy was 17.64 points ( $P < .001$ ). Based on the weighted symptom scores, the most favorable changes were found in hot flashes (–6.31 points), sweating (–2.86 points), insomnia (–2.27 points), and anxiety (–2.00 points) ( $P < .001$  in each case). The isopropanol extract of *C racemosa* was found to be effective in the alleviation of menopausal symptoms.

**Keywords:** | black cohosh; *Cimicifuga racemosa*; menopause;  
Phyto-SERM; Remifemin