

Oöna

Comparative Analysis Oöna vs. HRT

	Oöna		HRT
Increases Risk of Breast Cancer	No		Yes
Increases Risk of Recurrent Endometrial Cancer	No		Probable
Effective During Perimenopause	Yes		Yes
Effective During Menopause	Yes		Yes
Effective During Post-Menopause	Yes		Yes
Effective for PMS	Yes		Yes
Reduces Hot Flashes	Yes		Yes
Reduces Night Sweats	Yes		Yes
Reduces Sleep Disturbances	Yes		Yes
May Cause Fluid Retention	No		Yes
May Cause Nausea	No		Yes
May Cause Bloating	No		Yes
May Cause Headache	No		Yes
May Cause Weight Gain	No		Yes
Increases Irritability	No		Probable
Decreases Irritability	Yes		No
All Natural	Yes		No

These statements have not been evaluated by the Food and Drug Administration. This product not intended to diagnose, treat, cure or prevent any disease.

Sources:

1. Murray, N.D. Michael T. Hormone Replacement Therapy vs. Black Cohosh in Menopause. Encyclopedia of Nutritional Supplements. Prima Publishing, 1996.
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3. Foster, Steven. Black Cohosh: *Cimicifuga racemosa*: a literature review. *Herbal Gram* 45. Winter 1999.
4. ACOG Committee on Practice Bulletins—Gynecology and Taylor, M.D. Maida. Use of Botanicals for Management of Menopausal Symptoms. ACOG Practice Bulletin Number 28, June 2001.
5. Creasman WT. Is there an association between hormone replacement therapy and breast cancer? J Women's Health 1998;7:1231-1246.