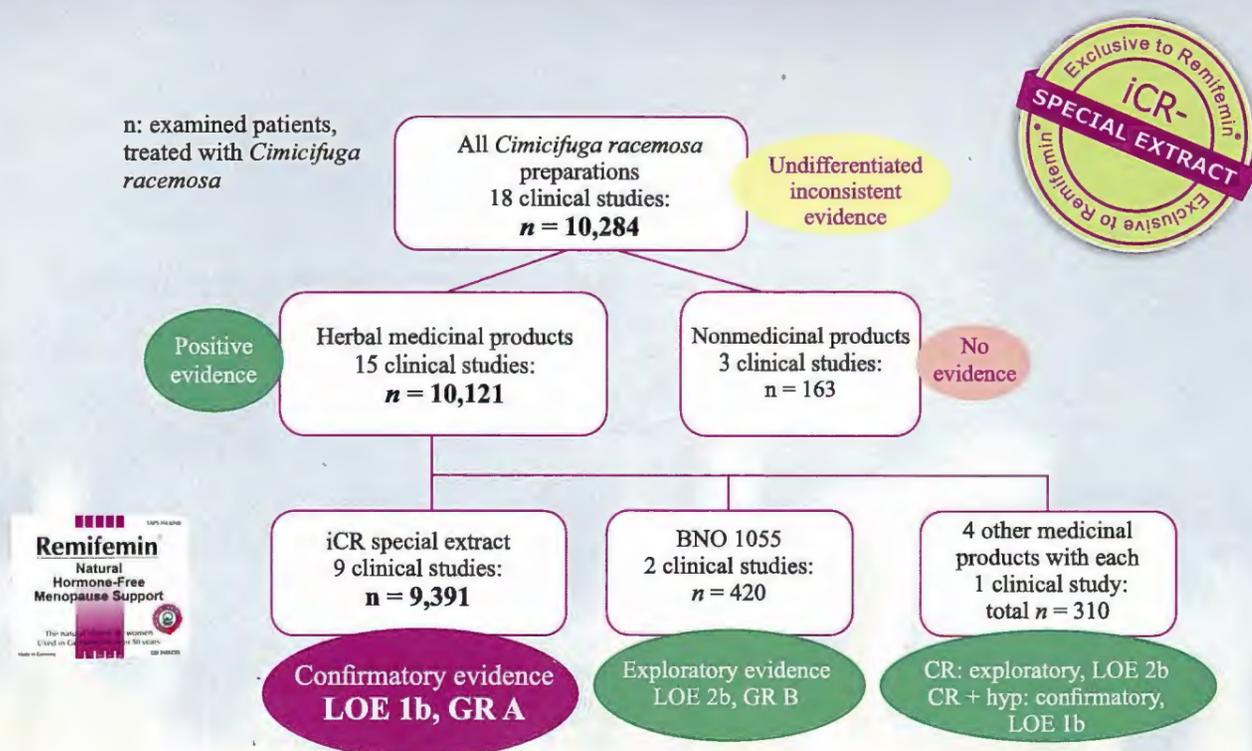


Top Marks for Remifemin®

Highest Level of Evidence (1) and Highest Grade of Recommendation (A)

The world's first differentiated review of clinical studies examining the efficacy and safety of *Cimicifuga racemosa* (black cohosh) for menopausal complaints has been published in the international peer-reviewed journal, Evidence-Based Complementary and Alternative Medicine (eCAM)*. What sets this review apart from all other *Cimicifuga* reviews is that it corresponds with the characteristics of evidence-based Phytotherapy by differentiating according to extract, quality and indication. Accordingly, Oxford Levels of Evidence (LOE) and Grades of Recommendation (GR) have now been determined. **The LOE and GR system assists the busy clinician in making confident product recommendations.**

Efficacy data on *Cimicifuga racemosa* 2000–2012



Remifemin iCR Efficacy

For the period 2000-2012 the review identified 9 clinical studies including 9,391 patients treated with iCR. Among these were 5 randomised, controlled studies (Liske 2002, Osmer 2005, Nappi 2005, Übelhack 2006, Bai 2007), which provided confirmatory evidence for iCR's efficacy, as well as 1 controlled (Briese 2007) and 3 uncontrolled studies (Verme 2005, Schmidt 2005, Juliá-Mollá 2009) with proof of efficacy as the primary endpoint.

The consistently positive evidence from high-quality randomised, controlled trials qualify for an Oxford Level of Evidence 1b and the consistent Level-1-Data for a Grade of Recommendation A.

The Grade of Recommendation A represents a seal of approval which is rarely achieved by herbal medicinal products and offers a profound basis for qualified counselling of climacteric patients.

*Beer A-M, Neff A, "Differentiated Evaluation of Extract-Specific Evidence on *Cimicifuga racemosa*'s Efficacy and Safety for Climacteric Complaints", Evidence-based Complementary and Alternative Medicine (2013) - <http://dx.doi.org/10.1155/2013/860602>

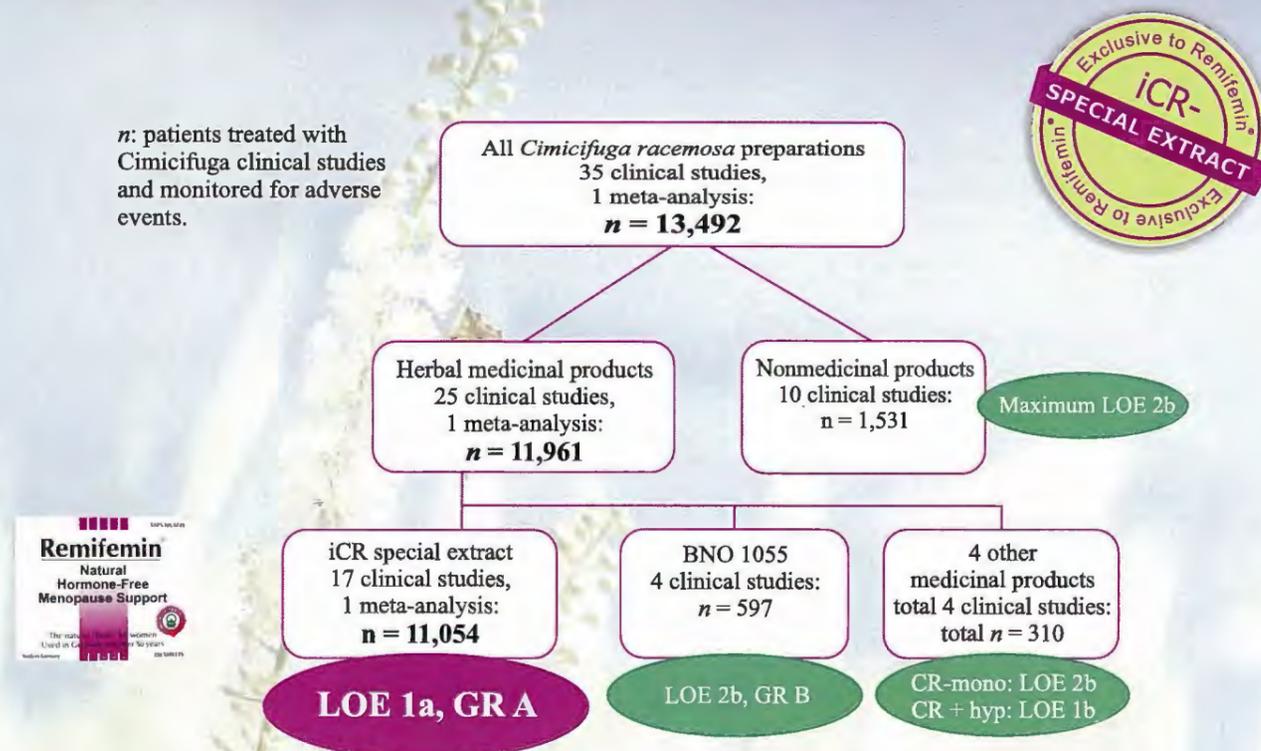
Remifemin®

50+ years of research
Used by millions of women worldwide

Top Marks for Remifemin®

Highest Level of Evidence (1) and Highest Grade of Recommendation (A)

Safety data on *Cimicifuga racemosa* 2000–2012



Remifemin iCR Safety

Concerning the safety of Remifemin iCR 1 meta-analysis (Naser 2011) and 17 clinical trials (18 publications; randomised/controlled: Jacobson 2001, Liske 2002, Osmer 2005, Nappi 2005, Übelhack 2006, Bai 2007; controlled: Briese 2007, Garcia-Perez 2009; uncontrolled: Pockaj 2004, Schmidt 2005, Verme 2005, Lindén-Hirschberg 2007, Reame 2008, Rostock 2011, Lundström 2011; case-control studies: Rebeck 2007, Obi 2009; cohort study: Henneicke-von Zepelin 2007) including 11,054 patients were identified.

Consistent proof of safety by meta-analysis, randomised/controlled, controlled, uncontrolled, cohort and case-control studies qualify for an Oxford Level of Evidence 1a and Grade of Recommendation A.

The Grade of Recommendation A represents a seal of approval which is rarely achieved by herbal medicinal products and offers a profound basis for qualified counselling of climacteric patients.

Remifemin®