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Study Shows Relationship between Lignans and Uterine Fibroids

Findings suggest a modest inverse association between lignan excretion and risk of uterine fibroids.

LOCARNO, SWITZERLAND & EASTON, PA – October 20, 2006 – A new study published in the *American Journal of Clinical Nutrition* (2006; v84, 587-93), has demonstrated a possible relationship between lignans and risk of uterine fibroids.

According to the study authors, uterine fibroids are hormonally responsive. Growth of fibroids is initiated by estradiol and progesterone, and fibroids shrink through gonadotrophin-releasing hormone agonists. The researchers analyzed 170 uterine fibroid cases and 173 controls for isoflavonoids (*i.e.* genistein, daidzein, equol) and lignans (enterolactone and enterodiol). Researchers collected two overnight urine samples (48 hours apart). Logistic regression was used to determine associations between excretion and the risk of uterine fibroids. The findings suggest a modest inverse association between lignan excretion and uterine fibroid risk. When considering two human lignans measured, this association was most notable for enterolactone. No association was found between isoflavone excretion and uterine fibroids, yet the researchers noted that soy intake was low in this study population.

“This study is good news for lignans and their potential for supporting women’s health,” said Robin Ward, Vice President of Marketing, Linnea Inc. “Specifically, 7-hydroxymatairesinol, found in most potent and economically viable concentrations in Norway spruce, has been shown to directly raise enterolactone levels. Although these new data on uterine fibroids are preliminary in nature, it may be sensible to consider that

7-hydroxymatairesinol a useful dietary supplement for women who are concerned about uterine fibroids.”

Derived from Norway spruce (*Picea abies*), HMRLignan™ is a direct enterolactone precursor dietary supplement. It is a proprietary and patent-protected product manufactured and marketed worldwide by Linnea, Switzerland.

About Linnea

From its headquarters and manufacturing facility in Locarno, Switzerland, Linnea specializes in the manufacture of botanical extracts and phytochemicals, and is a leading supplier to the pharmaceutical, dietary supplement and cosmetic industries. HMRLignan™ is a proprietary, patent protected, product manufactured by Linnea SA. The company’s U.S. office, Linnea Inc., is located in Easton, Pennsylvania. For more information about HMRLignan™, visit our Web site at www.hmrlignan.com or call 1-888-253-0044.

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