

## Clinical Studies on on Mastodynon®

<b>Mastopathy</b>						
<b>Author/Year</b>	<b>Subject</b>	<b>Design</b>	<b>Duration</b>	<b>Dosage</b>	<b>Preparation</b>	<b>Results/Conclusion</b>
Halaške <i>et al.</i> , 1999	Cyclic mastalgia	R, DB, PC n=97	3 cycles	30 drops, 2x/day	Mastodynon®	Using a visual analog scale (VAS) the mean decrease in pain intensity (mm) after one/two/three cycles was 21.4mm/33.7mm/34.3mm for the Mastodynon® group versus 10.6mm/20.3mm/35.7mm for placebo (p=0.018; p=0.006; p=0.064).
Kubista <i>et al.</i> , 1986	Cyclic mastodynia	R, DB, PC (3 treatment groups) n=160	At least 4 cycles	30 drops, 2x/day; or 5 mg, 2x/day gestagen (lynestrenol) from the 16th to the 25th day of the cycle; or placebo	Mastodynon®	74.55 of Mastodynon® group reported a marked improvement in symptoms compared with 82.1% for gestagen group and 36.8% for placebo. Mastodynon® was significantly more effective than placebo (p<0.01).
<b>Infertility</b>						
<b>Author/Year</b>	<b>Subject</b>	<b>Design</b>	<b>Duration</b>	<b>Dosage</b>	<b>Preparation</b>	<b>Results/Conclusion</b>
Gerhard <i>et al.</i> , 1998	Fertility disorders: secondary amenorrhea, luteal insufficiency, idiopathic infertility	R, DB, PC, P n=96 (with 66 suitable for evaluation)	3 months	30 drops, 2x/day	Mastodynon®	Desired outcome measure (pregnancy or spontaneous menstruation in amenorrhea group; pregnancy or improved luteal hormone concentrations in other groups) was achieved in 57.6% of Mastodynon® participants versus 36.0% of placebo participants (p=0.069). In the amenorrhea and luteal insufficient groups, pregnancy occurred more than twice as often with Mastodynon® compared with placebo.
<p><b>KEY:</b> C – controlled, CC – case-control, CH – cohort, CI – confidence interval, Cm – comparison, CO – crossover, CS – cross-sectional, DB – double-blind, E – epidemiological, LC – longitudinal cohort, MA – meta-analysis, MC – multi-center, n – number of patients, O – open, OB – observational, OL – open label, OR – odds ratio, P – prospective, PB – patient-blind, PC – placebo-controlled, PG – parallel group, PS – pilot study, R – randomized, RC – reference-controlled, RCS – retrospective cross-sectional, RS - retrospective, S – surveillance, SB – single-blind, SC – single-center, U – uncontrolled, UP – unpublished, VC – vehicle-controlled.</p>						