**Active ingredients**

Each capsule of the medicinal product contains the following: cinquefoil roots and rootstocks extract – 200 mg, beggars-ticks herb extract – 80 mg, liquorice roots extract – 50 mg, brown algae (devil’s apron) thalluses powder – 70 mg.

**Therapeutic group**

Plant-derived thyrotropic and gonadotropic agent.

**Description**

The broad spectrum of the drug’s pharmacological activity is due to the summarized effects of the biologically active substances included in its composition: Albinin®, the triterpene glycosides and the phenol compounds of cinquefoil, the iridoids and phenylpropanoids of beggars-ticks, and the glycyrrhetinic acids of Glycyrrhiza glabra.

**Mechanism of action**

Administration of the drug in hypothyroidism (1 capsule three times per day) increases thyroid function by activation of proliferation in the interfollicular islets and increased rate of synthesis. The therapeutic effect of ENDONORM® in autoimmune thyroiditis and nodular goitre forms is achieved indirectly, by relieving the thyroid functional overload and change in the rate of humoral regulation of this organ.

The therapeutic effect of ENDONORM® in climacteric syndrome is achieved thanks to normalized levels of the gonadotropic hormones (indirect influence on the hypothalamus – pituitary system) and increased functional activity of the adrenal cortex.

The therapeutic effect of the drug in the complex treatment of hyperplastic conditions of the female reproductive system (mastopathy, endometriosis, endometrial hyperplasia) is due to its pronounced anti-inflammatory properties and gonadotropic activity.

The therapeutic effect of the drug in the complex treatment of the metabolic syndrome is attained through recovery of thyroid function and increased intensity of metabolism in the body’s tissues.

**Therapeutic indications**

Hypothyroidism

Autoimmune thyroiditis

Euthyroid goitre (diffuse, nodular, multinodular)
Endemic goitre

Prophylaxis of thyroid diseases

Climacteric syndrome

Complex treatment of hyperplastic conditions of the female reproductive system (mastopathy, endometriosis, endometrial hyperplasia, etc.)

Complex treatment of the metabolic syndrome

**Method of administration and posology**

<table>
<thead>
<tr>
<th>Therapeutic indications</th>
<th>Adults</th>
<th>Children aged over 12 years</th>
<th>Shortest course / interval between treatment courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypothyroidism, nodular goitre forms, autoimmune thyroiditis</td>
<td>1 capsule three times per day</td>
<td>1 capsule twice daily</td>
<td>2 months / 7 days</td>
</tr>
<tr>
<td>Climacteric syndrome, complex treatment of hyperplastic conditions of the female reproductive system (mastopathy, endometriosis, endometrial hyperplasia, etc.), complex treatment of the metabolic syndrome</td>
<td>1 capsule twice daily</td>
<td>1 capsule once daily</td>
<td>3 months / 7 days</td>
</tr>
<tr>
<td>Prophylaxis of thyroid diseases</td>
<td>1 capsule twice daily</td>
<td>1 capsule once daily</td>
<td>1 month / 6 months</td>
</tr>
</tbody>
</table>

For all therapeutic indications, ENDONORM® should be taken 10 minutes before a meal

**Contraindications**

Individual intolerance of any of the drug's components, acute inflammatory diseases of the gastrointestinal tract, pregnancy and lactation, age under 12 years (due to a lack of clinical data).

**Adverse effects**

Dyspeptic reactions may develop.

**Overdose**

No cases of overdosage have been described to date.
Interactions with other medicinal products

Concomitant administration of ENDONORM® with thyroid hormones and thyrostatics is allowed only under the treating physician’s supervision, because of possible perversion of pharmacological effects.

Nature and contents of container

Solid gelatin capsules of 400 mg. 60 and 90 capsules in a polymeric box.

Shelf-life

2 years. Store in a dry place protected from light, at temperatures not exceeding 25 °C. Keep out of the reach of children.

Special warnings and precautions for use

To achieve the maximum therapeutic effect, treatment with ENDONORM® should be combined with special diet. Daily intake of foods rich in selenium (Se), zinc (Zn), and vitamin C is recommended, or a multivitamin – mineral complex should be taken.

Selenium concentrators include: sea fish (herring, hake, cod, etc.), crabs, shrimp, coconut, pistachios, garlic, and brewer’s yeast.

Zinc concentrators include: red meat, liver, heart, chicken eggs, pumpkin seeds, oat flakes, and legumes.

Vitamin C concentrators are: fresh juices, canker berries, canker-berry syrup, red sweet pepper, blackcurrant, sea-buckthorn.

The patient should also limit or avoid consumption of foods containing goitre-inducing substances (substances causing thyroid dysfunction). Such substances include: cabbage, Brussels sprout, cauliflower, broccoli, turnip, turnip rape, colza, and millet.

Therapeutic activity range

Gynaecology: menopause and ENDONORM®

In the course of ENDONORM® development, an important drug-induced effect was revealed. Thus, the preparation showed high therapeutic activity in women during menopause (in the climacteric period). ENDONORM® showed its efficiency not only for normalization of thyroid gland hormonal function, but for the entire endocrine system.
Up to 60% of women at the age of 45 to 55 years suffer from some thyroid gland disorders and resulting endocrine disorders, which first of all have the most negative effect on the menopause.

Due to the unique biochemical composition, cinquefoil normalizes thyroid gland function and levels negative effects of hormonal imbalance.

In the dosage applied in ENDONORM®, bur beggar-ticks herb has a soft tranquilizing (soothing) effect.

Glycyrrhizic acids contained in the common licorice normalize the hormonal balance of the organism, restore the function of adrenal glands and ovaries. Moreover, common licorice components possess a pronounced estrogenic activity, preventing age-dependent reduction in the estrogen level.

**Immunology: immunomodulatory effect of ENDONORM®**

Tests carried out in the course of ENDONORM® development showed that complex combination of the three components, common licorice, cinquefoil and bur beggar-ticks herb, provides for a pronounced immunomodulatory effect, which allows neutralizing the destructive effect of the organism’s immunity in case of deep-rooted autoimmune thyroiditis (Hashimoto’s thyroiditis). Therapy revealed steady reduction in antiserum capacity to thyroglobulin (Anti-Tg) and to thyroid peroxydase (Anti-TPO), in some cases, Blood Sedimentation Rate reduction.