



## Clinical trial results:

**A multicenter, multinational, randomized, parallel group, placebo-controlled, double-blind study to evaluate efficacy and safety of a food supplement containing 80 mg soy isoflavones ZAVITAL in the control of climacteric syndrome in postmenopausal women**

### Summary

EudraCT number	2006-000191-32
Trial protocol	IT
Global end of trial date	28 May 2008

### Results information

Result version number	v1 (current)
This version publication date	08 April 2016
First version publication date	08 November 2014
Summary attachment (see zip file)	Clinical Study Report Synopsis 7153L02 (7153L02 CLINICAL TRIAL REPORT SYNOPSIS.pdf)

### Trial information

#### Trial identification

Sponsor protocol code	7153L02
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#### Additional study identifiers

ISRCTN number	-
ClinicalTrials.gov id (NCT number)	-
WHO universal trial number (UTN)	-

Notes:

### Sponsors

Sponsor organisation name	Zambon SpA
Sponsor organisation address	via Lillo del Duca 10, Bresso, Italy, 20091
Public contact	Isabella Salerio, Medical Affairs, R&D, +39 02665241,
Scientific contact	Isabella Salerio, Medical Affairs, R&D, +39 02665241,

Notes:

### Paediatric regulatory details

Is trial part of an agreed paediatric investigation plan (PIP)	No
Does article 45 of REGULATION (EC) No 1901/2006 apply to this trial?	No
Does article 46 of REGULATION (EC) No 1901/2006 apply to this trial?	No

Notes:

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**Results analysis stage**

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Analysis stage	Final
Date of interim/final analysis	25 September 2008
Is this the analysis of the primary completion data?	Yes
Primary completion date	28 May 2008
Global end of trial reached?	Yes
Global end of trial date	28 May 2008
Was the trial ended prematurely?	No

Notes:

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**General information about the trial**

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Main objective of the trial:

To show superiority of a 12 week treatment with Zavital over placebo in reduction of frequency of hot flushes in post-menopausal women

Protection of trial subjects:

Not applicable

Background therapy: -

Evidence for comparator: -

Actual start date of recruitment	10 October 2006
Long term follow-up planned	No
Independent data monitoring committee (IDMC) involvement?	No

Notes:

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**Population of trial subjects**

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**Subjects enrolled per country**

Country: Number of subjects enrolled	Italy: 172
Country: Number of subjects enrolled	Romania: 215
Worldwide total number of subjects	387
EEA total number of subjects	387

Notes:

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**Subjects enrolled per age group**

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In utero	0
Preterm newborn - gestational age < 37 wk	0
Newborns (0-27 days)	0
Infants and toddlers (28 days-23 months)	0
Children (2-11 years)	0
Adolescents (12-17 years)	0
Adults (18-64 years)	387
From 65 to 84 years	0
85 years and over	0

## Subject disposition

### Recruitment

Recruitment details:

subjects were recruited at Gynecological Clinics from October 2006 to March 2008 in Italy and Romania.

### Pre-assignment

Screening details:

After signing the Informed Consent (visit 1), subjects entered a two week run-in period and, if compliant with protocol criteria, then they were randomized (visit 2) to either isoflavones or placebo treatment group for a total of 12 weeks

### Period 1

Period 1 title	treatment period (overall period)
Is this the baseline period?	Yes
Allocation method	Randomised - controlled
Blinding used	Double blind
Roles blinded	Subject, Investigator, Monitor

Blinding implementation details:

identical packaging and labelling of the two compounds

### Arms

Are arms mutually exclusive?	Yes
<b>Arm title</b>	Zavital treatment

Arm description:

active treatment for 12 weeks

Arm type	Experimental
Investigational medicinal product name	soy isoflavones
Investigational medicinal product code	7153
Other name	Zavital
Pharmaceutical forms	Tablet
Routes of administration	Oral use

Dosage and administration details:

60 mg once a day

<b>Arm title</b>	Placebo
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Arm description:

one tablet of placebo

Arm type	Placebo
Investigational medicinal product name	soy isoflavones
Investigational medicinal product code	7153
Other name	Zavital
Pharmaceutical forms	Tablet
Routes of administration	Oral use

Dosage and administration details:

placebo tablet once a day

Number of subjects in period 1 <sup>[1]</sup>	Zavital treatment	Placebo
Started	152	155
Completed	138	132
Not completed	14	23
Protocol deviation	14	23

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Notes:

[1] - The number of subjects reported to be in the baseline period are not the same as the worldwide number enrolled in the trial. It is expected that these numbers will be the same.

Justification: The subject enrolled were 387, but only 307 randomized. Data are presented on 307 randomized subjects.

## Baseline characteristics

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### Reporting groups

Reporting group title	treatment period
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Reporting group description: -

Reporting group values	treatment period	Total	
Number of subjects	307	307	
Age categorical			
Units: Subjects			
Adults 18-64 y	307	307	
Gender categorical			
Units: Subjects			
Female	307	307	
Male	0	0	

## End points

### End points reporting groups

Reporting group title	Zavital treatment
Reporting group description: active treatment for 12 weeks	
Reporting group title	Placebo
Reporting group description: one tablet of placebo	
Subject analysis set title	Full Analysis Set
Subject analysis set type	Intention-to-treat
Subject analysis set description: The Full Analysis Set (FAS) had to include any randomised and treated patient for whom at least one post-baseline primary efficacy assessment was recorded. For primary efficacy assessment is requested by the mean number of hot flushes computed on at least 4 valid measurements out of 7 in the last week before the visit	

### Primary: mean number of daily hot flushes

End point title	mean number of daily hot flushes
End point description: The primary efficacy endpoint was the change from baseline in the mean daily frequency of moderate and severe hot flushes	
End point type	Primary
End point timeframe: during the last 7 days on patient's diary prior to visit of mid-treatment (6th week), first of all, and secondly at the end-of treatment (12th week).	

End point values	Zavital treatment	Placebo		
Subject group type	Reporting group	Reporting group		
Number of subjects analysed	143	144		
Units: number of hot flushes	143	144		

### Statistical analyses

Statistical analysis title	Primary analysis on mean daily hot flushes
Statistical analysis description: The primary endpoint was to be compared between 80 mg isoflavones and placebo using a fixed-effects analysis of covariance (ANCOVA) model with treatment and centre as fixed factors and baseline value as a covariate; type III sum of squares was planned to be used. The treatments mean difference and its 95% confidence interval was to be estimated on the basis of this model. The possible existence of a centre effect and its implications was to be investigated. The treatment by centre interaction h	
Comparison groups	Zavital treatment v Placebo

Number of subjects included in analysis	287
Analysis specification	Pre-specified
Analysis type	superiority
P-value	< 0.05
Method	ANOVA
Parameter estimate	Mean difference (final values)
Point estimate	-0.36
Confidence interval	
level	95 %
sides	2-sided
lower limit	-1.23
upper limit	0.51
Variability estimate	Standard deviation

## Adverse events

### Adverse events information<sup>[1]</sup>

Timeframe for reporting adverse events:

from signature of informed consent to end of study (Visit 4)

Assessment type	Systematic
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### Dictionary used

Dictionary name	MedDRA
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Dictionary version	10.0
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### Reporting groups

Reporting group title	safety population
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Reporting group description: -

Notes:

[1] - There are no non-serious adverse events recorded for these results. It is expected that there will be at least one non-serious adverse event reported.

Justification: the list of non-serious AE is available in the Clinical Study Report

Serious adverse events	safety population		
Total subjects affected by serious adverse events			
subjects affected / exposed	4 / 307 (1.30%)		
number of deaths (all causes)	0		
number of deaths resulting from adverse events	0		
Neoplasms benign, malignant and unspecified (incl cysts and polyps)			
Breast cancer			
subjects affected / exposed	1 / 307 (0.33%)		
occurrences causally related to treatment / all	0 / 1		
deaths causally related to treatment / all	0 / 0		
General disorders and administration site conditions			
Chest pain			
subjects affected / exposed	1 / 307 (0.33%)		
occurrences causally related to treatment / all	0 / 1		
deaths causally related to treatment / all	0 / 0		
Hepatobiliary disorders			
Cholecystitis			
subjects affected / exposed	1 / 307 (0.33%)		
occurrences causally related to treatment / all	0 / 1		
deaths causally related to treatment / all	0 / 0		
Musculoskeletal and connective tissue disorders			
Sympathetic posterior cervical syndrome			



subjects affected / exposed	1 / 307 (0.33%)		
occurrences causally related to treatment / all	0 / 1		
deaths causally related to treatment / all	0 / 0		

Frequency threshold for reporting non-serious adverse events: 0 %

<b>Non-serious adverse events</b>	safety population		
Total subjects affected by non-serious adverse events			
subjects affected / exposed	0 / 307 (0.00%)		

## **More information**

### **Substantial protocol amendments (globally)**

Were there any global substantial amendments to the protocol? No

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### **Interruptions (globally)**

Were there any global interruptions to the trial? No

### **Limitations and caveats**

None reported