

Supplements and Herbs for Menopause Relief

<p>ERr 731 (rhapontic rhubarb root extract)</p>	<ul style="list-style-type: none"> • May reduce general menopausal symptoms. Do not use in leaf form.
<p>Maca (Lepidium meyenii)</p>	<ul style="list-style-type: none"> • May provide general symptom relief, especially for hot flashes, night sweats, and overall mood.
<p>Melatonin</p>	<ul style="list-style-type: none"> • May help with insomnia and other sleep disorders to initiate sleep.
<p>Progesterone cream</p>	<ul style="list-style-type: none"> • Effects may be mild and unpredictable. Do not use to replace prescription progesterone if taking prescription estrogen.
<p>S-equol (soy isoflavone derivative in a form most women can use)</p>	<ul style="list-style-type: none"> • May provide general menopausal symptom relief. Recommendations for use are not available for breast cancer survivors.
<p>Soy (isoflavones)</p>	<ul style="list-style-type: none"> • May lower the risk of heart disease (cholesterol) and may reduce hot flashes. • Studies show mixed results for hot flash relief. • Do not consume more than 25 grams per day. • Recommendations for use are not available for breast cancer survivors.
<p>St. John's wort</p>	<ul style="list-style-type: none"> • May improve mild (but not major) symptoms of depression and may improve menopausal symptoms related to sleep, hot flashes, and quality of life. • Benefits are seen when used for more than 8 weeks. • Do not use for longer than two years • Side effects may include upset stomach, tiredness, and extra sensitivity to sunlight. • May alter the absorption and effectiveness of other medications and supplements. • Do not use with anticlotting drugs or prescription antidepressants.
<p>Valerian</p>	<ul style="list-style-type: none"> • May improve sleep quality and shortens time needed to fall asleep (latency). • May reduce anxiety and hot flashes.
<p>Vitamin D</p>	<ul style="list-style-type: none"> • May help relieve short-term depression.