Supplements for Menopause

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Supplements That May Help Alleviate Menopausal Symptoms

Most women look to menopause with dread. Though the positive thing about it is the cessation of menstruation, but there are other complications.

Here are some supplements you may wish to consider.

Calcium

The risk of osteoporosis and bone loss is an issue when a woman’s hormones drop during menopause. Be sure to get about 1,200 milligrams per day to prevent this.

Black Cohosh

This supplement has long been touted for its benefits in helping hot flashes. Do not take this if you have liver problems.

Flaxseed

It has been found that flaxseed and flaxseed oil may help with mild symptoms of menopause, as it is thought to be helpful in balancing out female hormones. Flaxseed is a good source of Omega 3, which is also good for cardiovascular health.

Vitamin D

You should take 600 IU daily of this essential vitamin and up to 800 IU per day if you are 70 and older. Vitamin D is put into milk and is also in a variety of other foods, but supplements can help make up the difference that your diet might not provide.

Wild Yam

It is believed that creams and pills made of wild yam may be good for menopause. There are natural compounds in wild yam that mimic estrogen and progesterone to “replace” the hormones that are diminishing in the body.

St. John's Wort

This herbal supplement is best known for its antidepressant properties. It can improve mood and smooth over mood swings in women with menopause. This works even better when paired with black cohosh.

Soy

Interestingly enough, women in Asian countries do not experience hot flashes in the same numbers as women in the U.S. Women in the U.S. are more than 8 times as likely to get them as Asian females. Some studies believe it is because soy consumption is higher in Asian cuisine, with soy nuts and tofu being their staple. These foods have estrogen-like compounds that may relieve hot flashes.

An important note about supplements

It is best to talk with your doctor before taking any supplements to ensure that none of them interact with your current medications. Some supplements may also have unwanted side effects so you will want to ask your healthcare provider about them. And you will want to be sure that you are not experiencing menopause *and* allergies if you are allergic to the supplements you are considering.