



MENOPAUSE

GENERAL RECOMMENDATIONS

ADD (+) Anti-inflammatory diet high in fibre, essential fats and plenty of vegetables; protein/fat/fibre breakfast for balanced blood sugar levels; consider digestive support; more sleep; self-care (mindfulness, meditation, yoga, slow-down, me time); regular exercise

REMOVE/REDUCE (-) Food intolerances; sugar and white carbohydrates (to reduce blood sugar imbalance and sugar cravings); alcohol; caffeine; stress; processed foods

SUPPLEMENTS

Symptoms

Hot flushes	Insomni a	Osteoporosis	Anxiety/ Depression	Weight gain	Reduced libido	Stiff joints	Headache s
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Top supplements to consider

Omega-3 fish oils (1000 - 1500 mg/daily)	x	x	x	x	x	x	x	x
Magnesium glycinate (200 – 600 mg/daily)	x	x	x	x	x		x	x
B complex vitamins	x	x	x	x	x			x

Additional supplements to consider according to presenting symptoms

5-HTP (50-100 mg/daily) * higher dosages may apply		x		x	x			x
Vitamin D (1000 - 3000 IU/daily) or higher doses if basal levels are very low	x		x	x			x	x
Evening Primrose oil (1000 mg/daily)	x		x (with fish oils)					
Calcium (200 – 600 mg calcium/daily in divided doses)			x		x			x
Ashwagandha extract (200 – 500 mg/daily)		x		x				x
Maca extract (500 – 1000 mg/daily)	x	x		x		x		
Black cohosh (20 mg twice daily)	x		x	x				x

*100 mg night-time dose for insomnia; 300 mg for depression and migraine headaches; consider dosages above 300 mg for weight loss. Do not prescribe to patients on anti-depressants.

SUPPLEMENTS - RECOMMENDED SUPPLIERS

SUPPLEMENT	PRODUCT NAME	SUPPLIER	FEATURES
Ashwagandha	Ashwagandha Plus	Wild Nutrition	Food-grown supplement
B complex vitamins	B-Plex	VitaBasix	With vitamin C and MSM
	Vitamin B Complex	Nutri Advanced	High-strength; with the body-ready methylated folate form
	B complex Plus	Wild Nutrition	Food-grown supplement
Black Cohosh	Menochron	VitaBasix	With extra herbal extracts to support menopause symptoms
Calcium	Cal Apatite with Magnesium	Nutri Advanced	With high strength bioavailable MCHC (microcrystalline hydroxyapatite) and magnesium
Evening Primrose Oil	Evening Primrose Oil capsules 1000 mg	BioCare	High strength GLA
Maca	Maca 250 mg	VitaBasix	Maca extract only
	Macabido Female	VitaBasix	With extra herbal extracts and vitamins to improve libido and reduce fatigue
Magnesium	Magnesium glycinate 200 mg	Nutri Advanced	Magnesium only Supplied as tablets
	MegaMag Night Formula	Nutri Advanced	To support sleep, with l-tryptophan and hops Supplied as powder
	MegaMag Calmeze	Nutri Advanced	To reduce tiredness and fatigue, with theanine, taurine and glycine Supplied as powder
	Magnesium phospholipid complex	BioCare	With Phosphatidyl serine to reduce cortisol levels
Omega-3 fish oils	Lion Heart Omega 3 – Maxi caps	Bare Biology	High strength high purity fish oils from small fish
	Eskimo-3 Extra	Nutri Advanced	High purity fish oils
Vitamin D	Vitamin D3 with K2 – drops	Nutri Advanced	Liquid form
	Vitamin D3 High strength – tablets	Nutri Advanced	For those who need a high dosage
	Vitamin D3	Wild Nutrition	Food-grown supplement Maintenance dose
5-HTP	5-HTP capsules	Nutri Advanced	

We recommend you always check individual ingredients for any product listed to ensure patient safety