

# Supplements in Women's Health

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The following list of supplements is a mere sampling of the products available.

## Herbal Remedies for Symptoms of Peri-menopause/Menopause

- **ESTROsmart**

This combination of herbs promotes healthy estrogen metabolism, along with antioxidant and anti-inflammatory properties. It has been helpful for PMS, regulating cycle, decreasing hormonal acne, decreasing breast swelling and tenderness and promoting a better estrogen/progesterone balance.

*Take 2 capsules daily with food, may take up to 4 daily for worse symptoms.*

- **ESTROsmart plus**

In addition to the ingredients found in ESTROsmart, Chastetree Berry (vitex) is added to increase progesterone and regulate the menstrual cycle.

*Take 2 capsules daily with food, may take up to 4 daily for worse symptoms.*

- **Estrovera**

An extract of Siberian Rhubarb. It stimulates Beta Estrogen receptors to reduce many menopausal symptoms, such as hot flashes, mood changes, and vaginal dryness. Maximum benefit is seen after 3-6 months of treatment.

*Take 1 tablet daily.*

- **Femaprin** (Herbal product known as vitex -mimics progesterone)

*Take one capsule daily days 1 – 13 and 2 capsules daily from day 14-28 for peri-menopausal women.*

*Take 1 or 2 capsules everyday for menopausal women.*

- **Hot Flash Eliminator** (Flower essences)

These drops are composed of an infusion of natural flower essences. Every bottle is stimulated with Reiki.

*At onset of hot flash: Place four to six drops under the tongue*

*For maintenance/prevention: Place four to six drops under the tongue three times daily*

- **I3C (Indole-3-Carbamol)** – (A phytonutrient found in broccoli and cabbage)

This product promotes healthy metabolism of estrogen and can be used all throughout a woman's life. In peri-menopause this can be useful in correcting symptoms of estrogen dominance.

*Take one capsule twice daily*

- **Magnesium Glycinate** (First choice for sleep, muscle cramps and restless legs)

*Take 1 – 3 capsules 30 minutes before bed.*

- **MENOsart**

This herbal combination is used in menopausal women to decrease hot flashes and night sweats while decreasing irritability and nervousness and improving mood and concentration.

*Take 2 capsules twice daily.*

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*the possibilities are endless...*

- **Remifemin** (Black Cohosh)

This is the original Black Cohosh extract. It works in the thermoregulatory area of the brain to control hot flashes and night sweats.

*Take two tablets twice daily.*

### Libido/Vaginal Dryness

- **LOVE Personal Lubricant**

This water based lubricant can be used prior to sexual activity. Also contains ingredients to help promote vaginal bacterial flora.

*Apply desired amount to genital area.*

- **Maca** – (Herb native to Peru)

Adaptogenic herb which will increase levels of some hormones while decreasing levels of others based on the needs of the individual body. This is most commonly used to increase testosterone levels, thereby increasing libido. Can be used in menopause or peri-menopause.

- **SEXsmart**

A combination of natural ingredients which increase blood flow and promote testosterone production.

*Women - take 3 capsules once daily after food. Men - take 6 capsules several hours before intimacy.*

- **Replens** (Vaginal moisturizer)

*Insert one applicator vaginally every third night*

- **Zestra** (Essential oils)

This is a combination of essential oils that are applied to women's genital area to promote blood flow thereby increasing sensation prior to sexual activity.

*Apply ½ package 15 minutes before sexual activity to increase blood flow and sensation.*

### Homeopathic Remedies for Symptoms of Peri-menopause/Menopause

These products do not contain hormones and do not stimulate hormone receptors (safe in breast cancer)

- **Klimakt-Heel** – one tablet is dissolved in the mouth at the onset of hot flashes to reduce their severity and duration. It can also be used preventatively three times daily. It helps with nervous exhaustion, anxiety, depression, mood swings, heavy menses, headaches and palpitations.
- **Hormeel**- Ten drops placed on the tongue three times daily helps to regulate the monthly cycle correcting irregular menses, heavy bleeding and discomfort.
- **Pascofemin** - Drops are added to water two to three times daily to restore hormonal balance. Large benefits have been seen in sleep disorders, sweating, hot flashes, dizziness, depression, emotional instability and fatigue.

\*Additional natural products to alleviate stress/adrenal fatigue and help sleep problems are available as separate documents in the women's health section of our website\*