

Table. Complementary and integrative health supplements^{16, 17, 19, 21–29, 33, 34, 36, 39, 42, 43}

Supplement	Dosage	Action	Side effects	Contraindications
Phytoestrogens	Isoflavones 80 mg daily	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces inflammation 	GI symptoms (nausea, bloating, diarrhea, constipation)	Strong family history of hormone-dependent cancers (breast, uterine, ovarian) or of thromboembolic or cardiovascular events
Valerian	530 mg twice daily	<ul style="list-style-type: none"> • Reduces hot flashes • Improves sleep quality • Improves anxiolytic symptoms • Improves depressive symptoms 	<ul style="list-style-type: none"> • GI symptoms (nausea, abdominal cramps) • Abnormal heart rhythm • Headaches 	<ul style="list-style-type: none"> • Abnormal heart rhythm • Drug interactions: (benzodiazepines, barbiturates, antidepressants, opiates or narcotics, OTC or prescription sleep aids, dietary supplements such as St. John's Wort, kava, melatonin)
Black cohosh	20 mg twice daily	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces joint pain 	GI symptoms (nausea, vomiting)	Liver disease
Ashwagandha	300 mg twice daily	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces inflammation • Improves anxiolytic symptoms • Improves depressive symptoms 	<ul style="list-style-type: none"> • GI symptoms (abdominal pain, abdominal discomfort, insomnia, nausea) • Hepatotoxicity in high doses 	Liver disease
Evening primrose	500 mg–1,000 mg twice daily	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces inflammation 	<ul style="list-style-type: none"> • Mild GI symptoms (nausea, vomiting, diarrhea, bloating) • Anticoagulant effect • Lowers seizure threshold in patients with seizure disorders or taking antiepileptic drugs 	<ul style="list-style-type: none"> • Taking anticoagulants • Seizure disorders
Curcumin	500 mg daily	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces inflammation • Improves anxiolytic symptoms • Improves depressive symptoms • Anticancer properties • Improves cognition 	<ul style="list-style-type: none"> • GI symptoms (loose stools, reflux, bloating, abdominal discomfort) • Hepatotoxicity rare in high doses • Anticoagulant properties • Elevated liver enzymes • Decrease in serum iron 	<ul style="list-style-type: none"> • Iron deficiency • Anemia of chronic disease • Liver disease
Pollen extracts	20 g–40 g daily	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces inflammation 	<ul style="list-style-type: none"> • GI symptoms (constipation, nausea) • Skin rash • Headaches • Allergic reactions (urticaria, itching, sneezing, angioedema) • Hepatitis 	<ul style="list-style-type: none"> • Liver disease • Allergies or hypersensitivity to bee pollen or other bee products
Omega-3 supplements	<ul style="list-style-type: none"> • FDA approved for age > 18 years • 425 mg/dL twice daily as adjunct to diet and exercise 	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces inflammation • Lowers triglycerides 	<ul style="list-style-type: none"> • GI symptoms (fishy taste, dyspepsia, diarrhea, eructation, gas, nausea) • Headache • Arthralgia • Altered platelet function • Lipid peroxidation 	On anticoagulant, antiplatelets, or simvastatin
Vitamin E	500 mg orally twice daily	<ul style="list-style-type: none"> • Reduces hot flashes • Reduces inflammation 	<ul style="list-style-type: none"> • GI symptoms (abdominal pain and discomfort, vomiting, diarrhea) • Headache • Allergic reaction • Rash • Increased bleeding tendencies 	On anticoagulants