

# Peace in PeriMenopause: Supplement Information

Amanda Michelle Wellness, LLC

■ Moderate to Strong Data 
 ■ Low to Moderate Data

Supplements & Symptoms	Hot Flashes Night Sweats	Depression Symptoms	Anxiety Symptoms	Irritability	Sleep	Weight Health	Fatigue	Brain Health	Bone Health	Heart health	Inflammation	Headache	Digestive Health	Pain	Skin Health	Hair Health
Vitamin D																
Omega-3 Fatty Acids																
Magnesium																
Probiotics																
Melatonin																
Zinc																
B Vitamins																
Calcium																
Turmeric (Curcumin)																
L-theanine																
N-acetylcysteine (NAC)																
Rhodiola																
Black Cohosh																
Soy Products																
Vitamin E																
Saw Palmetto																
Maca																
Flaxseed																
Red Clover																
Passionflower																

Disclaimer: This reference guide is for informational purposes only and does not constitute medical advice. The information provided about supplements for perimenopause has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before using any supplements, especially if you have existing health conditions or are taking medications. By using this reference guide, you acknowledge that you have read and understood this disclaimer and agree to its terms. If you do not agree with these conditions, please refrain from using this guide.

# Peace in PeriMenopause: Supplement Information

Amanda Michelle Wellness, LLC

■ Moderate to Strong Data
 ■ Low to Moderate Data

Supplements & Symptoms	Hot Flashes Night Sweats	Depression Symptoms	Anxiety Symptoms	Irritability	Sleep	Weight Health	Fatigue	Brain Health	Bone Health	Heart health	Inflammati on	Headach e	Digestiv e Health	Pain	Skin Health	Hair Health
Magnolia Bark	Green	Green	Green	Green	Green						Yellow		Yellow			
Pollen Extract	Green			Green	Green					Yellow						
Valerian	Green				Green											
Chasteberry Vitex agnus-castus)	Yellow		Yellow													
Gingko (Tebonin)		Green	Green					Green		Green	Green	Yellow				
Coenzyme Q10 (CoQ10)		Green	Yellow				Green	Green		Green		Green Prevention				
Lavender			Green	Green	Green											
Acetyl-L- Carnitine		Green				Yellow		Green		Green						
L-Methylfolate		Green	Green													
Saffron		Green				Green		Green		Green	Green					
Ashwagandha		Green	Green		Green	Yellow		Green			Green					
Citicoline		Yellow						Green								
Resveratrol		Green	Yellow					Green		Yellow	Green			Yellow		
Palmitoylethanol amide (PEA)		Green	Yellow	Yellow	Green			Green			Green			Green		
Biotin		Yellow	Yellow	Yellow	Yellow			Yellow								Yellow
Collagen						Yellow		Yellow	Green	Yellow			Yellow	Yellow	Green	
Creatine		Yellow	Yellow					Yellow	Green							

Disclaimer: This reference guide is for informational purposes only and does not constitute medical advice. The information provided about supplements for perimenopause has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before using any supplements, especially if you have existing health conditions or are taking medications. By using this reference guide, you acknowledge that you have read and understood this disclaimer and agree to its terms. If you do not agree with these conditions, please refrain from using this guide.

<b>Supplement</b>	<b>Used to support:</b>
<a href="#">Vitamin D</a>	<ul style="list-style-type: none"> <li>● Anxiety symptoms</li> <li>● Irritability</li> <li>● Bone health</li> <li>● Depression symptoms (Symptoms of vitamin D deficiency are similar to those of depression: feelings of sadness, hopelessness, and irritability. Other symptoms include fatigue, loss of interest in activities, and anxiety. It is not suggested that supplementation “cures” or “prevents” mental illness; rather, supplementation can balance a deficiency).</li> </ul>
<a href="#">Omega-3 Fatty Acids</a>	<ul style="list-style-type: none"> <li>● Heart health (lowers triglycerides)</li> <li>● Healthy inflammatory response (reduce inflammation, improve heart health, improve brain function)</li> <li>● Anxiety symptoms</li> <li>● Depression symptoms</li> <li>● Memory</li> <li>● Cognitive functions</li> <li>● May help reduce hot flashes</li> </ul>
<a href="#">Magnesium</a>	<ul style="list-style-type: none"> <li>● Anxiety symptoms</li> <li>● Depression symptoms</li> <li>● Mood</li> <li>● Sleep</li> <li>● Hot flashes</li> <li>● Bone health</li> </ul>
<a href="#">Probiotics</a>	<ul style="list-style-type: none"> <li>● Bloating</li> <li>● Sleep</li> <li>● Anxiety symptoms</li> <li>● Depression symptoms</li> <li>● Overall mood</li> <li>● Cognitive function/slow cognitive decline</li> <li>● Hot flashes/night sweats</li> </ul>
<a href="#">Melatonin</a>	<ul style="list-style-type: none"> <li>● Sleep</li> <li>● May impact mood symptoms</li> </ul>
<a href="#">Zinc</a>	<ul style="list-style-type: none"> <li>● Mood</li> <li>● Skin health</li> </ul>
<a href="#">B Vitamins</a>	<ul style="list-style-type: none"> <li>● Nervous system</li> <li>● Stress symptoms</li> </ul>

- Mood symptoms
- Energy
- Depression symptoms
- Hot flash
- Sleep

[Calcium](#)

- Bone loss prevention
- Fracture risk reduction

[Turmeric \(Curcumin\)](#)

- Hot flash
- Joint pain
- Anti-inflammatory
- Hormone balance
- Mood
- Anxiety symptoms
- Depression symptoms
- Memory
- Cognitive function (notable studies indicate significant improvements in mood and memory performance after daily consumption of curcumin)

[L-theanine](#)

- Anxiety symptoms
- Stress support
- Sleep support
- Mood support
- Memory support
- Attention support

[N-acetylcysteine \(NAC\)](#)

- Depression symptoms
- Anxiety symptoms
- Mood
- Cognitive function
- Memory
- Heart health
- Immune health

[Rhodiola](#)

- Hot flashes
- Mood changes
- Anxiety symptoms
- Fatigue

[Black Cohosh](#)

- Hot flashes/night sweats

	<ul style="list-style-type: none"><li>● Mood</li><li>● Sleep</li><li>● Headaches</li><li>● Heart palpitations</li></ul>
<a href="#">Soy Products</a>	<ul style="list-style-type: none"><li>● Hot flashes/night sweats</li></ul>
<a href="#">Vitamin E</a>	<ul style="list-style-type: none"><li>● Hot flashes/night sweats</li></ul>
<a href="#">Saw Palmetto</a>	<ul style="list-style-type: none"><li>● Hair loss</li><li>● Hormone levels</li></ul>
<a href="#">Maca</a>	<ul style="list-style-type: none"><li>● Hot flashes/night sweats</li><li>● Mood swings</li><li>● Hormonal balance</li></ul>
<a href="#">Flaxseed</a>	<ul style="list-style-type: none"><li>● Hot flashes/night sweats</li></ul>
<a href="#">Red Clover</a>	<ul style="list-style-type: none"><li>● Hot flashes/night sweats</li><li>● Bone support</li><li>● Skin/Hair</li><li>● Heart health</li></ul>
<a href="#">Passionflower</a>	<ul style="list-style-type: none"><li>● Anxiety symptoms</li><li>● Sleep</li><li>● Hot flashes/night sweats</li></ul>
<a href="#">Magnolia Bark</a>	<ul style="list-style-type: none"><li>● Anxiety symptoms</li><li>● Depression symptoms</li><li>● Sleep</li><li>● Hot flashes</li><li>● Mood</li></ul>
<a href="#">Pollen Extract</a>	<ul style="list-style-type: none"><li>● Hot flashes/night sweats</li><li>● Sleep</li></ul>
<a href="#">Wild Yam</a>	<ul style="list-style-type: none"><li>● Hot flashes</li><li>● Mood</li><li>● Hormonal imbalances</li></ul>
<a href="#">Valerian</a>	<ul style="list-style-type: none"><li>● Hot flashes/night sweats</li><li>● Sleep</li></ul>

<a href="#">Chasteberry</a>	<ul style="list-style-type: none"> <li>• Hot flashes</li> <li>• Anxiety symptoms</li> </ul>
<a href="#">Ginkgo (Tebonin)</a>	<ul style="list-style-type: none"> <li>• Anxiety symptoms</li> <li>• Depression symptoms</li> <li>• Cognitive function</li> <li>• Memory performance</li> </ul>
<a href="#">Coenzyme Q10 (CoQ10)</a>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Depression symptoms</li> <li>• Memory</li> <li>• Cognitive function</li> </ul>
<a href="#">Lavender</a>	<ul style="list-style-type: none"> <li>• Anxiety symptoms</li> <li>• Mood</li> <li>• Sleep</li> </ul>
<a href="#">Acetyl-L-Carnitine</a>	<ul style="list-style-type: none"> <li>• Depression symptoms</li> <li>• Mood</li> <li>• Cognitive function</li> <li>• Memory</li> </ul>
<a href="#">L-Methylfolate</a>	<ul style="list-style-type: none"> <li>• Anxiety symptoms</li> <li>• Depression symptoms</li> <li>• Cognitive function</li> </ul>
<a href="#">Saffron</a>	<ul style="list-style-type: none"> <li>• Anxiety symptoms</li> <li>• Depression symptoms</li> <li>• Mood</li> <li>• Cognitive function</li> <li>• Memory</li> </ul>
<a href="#">Ashwagandha</a>	<ul style="list-style-type: none"> <li>• Anxiety symptoms</li> <li>• Depression symptoms</li> <li>• Stress</li> <li>• Sleep</li> <li>• Cognitive function</li> <li>• Memory, reaction time, and attention</li> </ul>
<a href="#">Citicoline</a>	<ul style="list-style-type: none"> <li>• Depression symptoms</li> </ul>

	<ul style="list-style-type: none"> <li>● Mood</li> <li>● Cognitive functions</li> <li>● Memory</li> </ul>
<a href="#">Resveratrol</a>	<ul style="list-style-type: none"> <li>● Anxiety symptoms</li> <li>● Depression symptoms</li> <li>● Mood improvement</li> <li>● Cognitive function</li> <li>● Memory</li> </ul>
<a href="#">Palmitoylethanolamide (PEA)</a>	<ul style="list-style-type: none"> <li>● Mood</li> <li>● Anxiety symptoms</li> <li>● Depression symptoms</li> <li>● Memory</li> <li>● Cognitive function</li> <li>● Chronic pain</li> <li>● Sleep</li> </ul>
<a href="#">American Ginseng</a>	<ul style="list-style-type: none"> <li>● Help boost the immune system</li> <li>● Improve mental performance and well-being</li> </ul>

While some supplements have been studied for their potential benefits in managing perimenopausal symptoms, the evidence continues to be mixed, and individual responses may vary.

Always talk to a healthcare professional before initiating supplements, as they may interact with other medications you take and/or conditions you may have.