

An A-Z list of supplements that may support symptoms associated with endometriosis, PCOS and hormonal imbalances.

Alpha-lipoic acid

A compound with antioxidant properties that may help reduce inflammation and oxidative stress associated with endometriosis.

Arnica

A herb that has analgesic and anti-inflammatory properties. Some women find relief from symptoms such as muscle pain and bruising by applying arnica gel or cream topically.

Ashwagandha

An adaptogenic herb that helps the body adapt to stress and promote relaxation. Some women with endometriosis find relief from symptoms such as anxiety and fatigue by supplementing with ashwagandha.

Astaxanthin

A potent antioxidant found in certain types of algae and seafood that may help reduce inflammation and oxidative stress associated with endometriosis.

Bee pollen

A nutrient-rich substance collected by bees that contains vitamins, minerals, and amino acids. Some women find relief from symptoms such as fatigue and nutritional deficiencies by supplementing with bee pollen.

Bee propolis

A resinous substance produced by bees that has antimicrobial and anti-inflammatory properties. Some women find relief from symptoms such as pelvic pain and inflammation by supplementing with bee propolis extract.

Bilberry

A fruit rich in antioxidants called anthocyanins, which may help reduce inflammation and oxidative stress.

Boswellia

Also known as Indian frankincense, is a herb that has anti-inflammatory properties and may help reduce pain and inflammation associated with endometriosis.

Bromelain

A mixture of enzymes found in pineapple that has anti-inflammatory properties. Some women find relief from symptoms such as bloating and abdominal discomfort associated with endometriosis.

Bupleurum

A herb that has been traditionally used in Chinese medicine to support liver function and relieve stagnation. Some women with endometriosis find relief from symptoms such as bloating and digestive discomfort.

Burdock root

A herb that has diuretic and anti-inflammatory properties. Some women find relief from symptoms such as water retention and pelvic pain.

Butcher's broom

A herb that contains compounds called ruscogenins, which may help improve circulation and reduce swelling.

Butterbur

A herb that has been used traditionally to alleviate migraine headaches and may also help reduce inflammation and muscle spasms associated with endometriosis.

Chasteberry

Also known as Vitex agnus-castus, is a herb commonly used to support hormonal balance and regulate the menstrual cycle.

Chuchuhuasi

A herb native to the Amazon rainforest that has anti-inflammatory and analgesic properties.

Chlorella

A type of algae that is rich in vitamins, minerals, and antioxidants. Some

women with endometriosis find relief from symptoms such as fatigue and digestive problems.

Coenzyme Q10

A powerful antioxidant that supports cellular energy production and may help reduce oxidative stress.

Corydalis

A herb that has analgesic and anti-inflammatory properties. Some women find relief from symptoms such as pelvic pain and muscle tension.

Devil's claw

A herb that has anti-inflammatory and analgesic properties.

Diindolylmethane (DIM)

Derived from cruciferous vegetables, may alleviate symptoms of endometriosis and PCOS by promoting healthy oestrogen metabolism. It helps balance hormone levels, reducing oestrogen dominance that contributes to symptoms like inflammation and hormone imbalances. DIM's antioxidant properties further support cellular health, potentially easing symptoms associated with both conditions.

Eleuthero

An adaptogenic herb that may help support energy levels and reduce stress.

Epigallocatechin gallate (EGCG)

A potent antioxidant found in green tea, may aid endometriosis through its anti-inflammatory properties. EGCG has shown potential to reduce inflammation and oxidative stress, which are key factors in endometriosis development and progression. By modulating inflammatory pathways and scavenging free radicals, EGCG may alleviate pelvic pain and discomfort associated with endometriosis. Additionally, EGCG may help regulate oestrogen levels, potentially inhibiting the growth and spread of endometrial lesions fueled by oestrogen.

Evening primrose

May help reduce inflammation and regulate hormonal imbalances. Some

women with endometriosis find relief from symptoms such as breast tenderness and bloating by supplementing with evening primrose oil.

Feverfew

A herb that has anti-inflammatory and analgesic properties.

Glucomannan

A type of soluble fibre derived from the root of the konjac plant. Some women find relief from symptoms such as bloating and constipation by supplementing with glucomannan, which may help support digestive health.

Hawthorn berry

A herb that has antioxidant and cardiovascular-supportive properties. Some women with endometriosis find relief from symptoms such as fatigue and heart palpitations by supplementing with hawthorn berry.

Hesperidin

A flavonoid found in citrus fruits that has anti-inflammatory and antioxidant properties. Some women with endometriosis find relief from symptoms such as pelvic pain and bloating.

Horse chestnut

A herb that contains a compound called aescin, which may help improve circulation and reduce inflammation. Some women with endometriosis find relief from symptoms such as pelvic pain and swelling.

Hyaluronic acid

A compound found naturally in the body that helps maintain moisture and lubrication in the joints and tissues. Some women with endometriosis find relief from symptoms such as pelvic pain and stiffness.

L-carnitine

An amino acid that plays a role in energy metabolism and may help reduce fatigue and muscle pain associated with endometriosis.

Licorice root

A herb that supports adrenal health and hormone production. Some

women with endometriosis find relief from symptoms such as fatigue and hormonal imbalances.

Maitake mushroom

An edible fungus that contains beta-glucans and other compounds with immune-supportive properties. Some women find relief from symptoms such as recurrent infections and fatigue.

Melatonin

A hormone that regulates sleep-wake cycles and has antioxidant properties. Some research suggests that melatonin supplementation may help improve sleep quality and reduce inflammation associated with endometriosis.

Moringa

A nutrient-rich plant that contains vitamins, minerals, and antioxidants. Some women with endometriosis find relief from symptoms such as fatigue and inflammation.

Motherwort

A herb that has calming and uterine-toning properties. Some women find relief from symptoms such as menstrual cramps and anxiety.

Nattokinase

An enzyme derived from fermented soybeans that has anticoagulant properties and may help improve blood flow and circulation. Some women with endometriosis find relief from symptoms such as pelvic pain and menstrual cramps.

Nettle leaf

A herb that has diuretic and anti-inflammatory properties and may help reduce water retention and inflammation associated with endometriosis. Some women find relief from symptoms such as bloating and pelvic discomfort.

Passionflower

A herb that has calming and sedative properties. Some women find relief from symptoms such as anxiety and insomnia.

Pau d'arco

A herb that has antifungal and anti-inflammatory properties. Some women with endometriosis find relief from symptoms such as bloating and digestive discomfort.

Peppermint oil

contains menthol, which has natural analgesic and anti-inflammatory properties. Some women find relief from symptoms such as abdominal cramps and bloating by taking enteric-coated peppermint oil capsules.

Pomegranate extract

Rich in antioxidants called polyphenols, which may help reduce inflammation and oxidative stress. Some women with endometriosis find relief from symptoms such as pelvic pain and fatigue.

Probiotics

Beneficial bacteria that help maintain a healthy balance of gut flora and support immune function. Some research suggests that women with endometriosis may have alterations in gut microbiota composition. Supplementing with probiotics may help support digestive health and reduce inflammation.

Pycnogenol

A patented extract derived from French maritime pine bark that has antioxidant and anti-inflammatory properties. Some women with endometriosis find relief from symptoms such as pelvic pain and menstrual cramps.

Quercetin

A flavonoid found in certain fruits, vegetables, and herbs that has antioxidant and anti-inflammatory properties. Some women with endometriosis find relief from symptoms such as pelvic pain and menstrual cramps.

Red clover

A legume plant that contains isoflavones, plant compounds with

oestrogen-like effects. Some women with endometriosis find relief from symptoms such as hot flashes and night sweats.

Reishi mushroom

An adaptogenic herb that may help support immune function and reduce inflammation. Some women with endometriosis find relief from symptoms such as fatigue and pain.

Resveratrol

A natural compound found in red grapes, berries, and peanuts, exhibits antioxidant and anti-inflammatory properties, potentially aiding endometriosis. It may alleviate inflammation associated with the condition, reducing pelvic pain and discomfort. Additionally, resveratrol's antioxidant effects could help combat oxidative stress, which contributes to endometrial lesions' growth and progression. Furthermore, resveratrol may regulate oestrogen metabolism, potentially reducing oestrogen-driven inflammation in endometriosis. While research is ongoing, resveratrol shows promise as a supplementary approach in managing endometriosis symptoms.

Rutin

A flavonoid found in certain fruits and vegetables that has antioxidant and anti-inflammatory properties. Some women with endometriosis find relief from symptoms such as pelvic pain and bloating.

Sarsaparilla

A herb that has anti-inflammatory and immune-supportive properties. Some women find relief from symptoms such as joint pain and inflammation.

Saw palmetto

A herb that has been traditionally used to support prostate health in men and may also help regulate hormone levels in women with endometriosis. Some women find relief from symptoms such as hormonal imbalances and acne.

Schisandra

An adaptogenic herb that may help support adrenal function and reduce stress. Some women with endometriosis find relief from symptoms such as fatigue and anxiety by supplementing with schisandra extract.

Serrapeptase

An enzyme derived from the silkworm that has anti-inflammatory properties and may help reduce pain and inflammation associated with endometriosis. Some women report improvements in symptoms such as pelvic pain and menstrual cramps after taking serrapeptase supplements.

Shatavari

An Ayurvedic herb that has been traditionally used to support women's health and hormonal balance. Some women with endometriosis find relief from symptoms such as hormonal imbalances and menstrual irregularities by supplementing with shatavari extract.

Suma root

Also known as Brazilian ginseng, is an adaptogenic herb that may help support energy levels and hormonal balance. Some women find relief from symptoms such as fatigue and hormonal imbalances.

Valerian root

A herb that has sedative and muscle-relaxant properties. Some women find relief from symptoms such as insomnia and anxiety.

Vitamin A

A fat-soluble vitamin that plays a role in immune function and cell growth. Some research suggests that vitamin A supplementation may help reduce inflammation and regulate immune responses associated with endometriosis. Some women find relief from symptoms such as pelvic pain and inflammation.

Vitamin D

Important for immune function, bone health, and hormonal balance. Some research suggests that vitamin D deficiency may be associated with increased severity of endometriosis symptoms. Consider getting tested for

vitamin D deficiency and supplementing if necessary under the guidance of a healthcare provider.

Vitamin K2

A fat-soluble vitamin that plays a role in bone health and calcium metabolism. Some research suggests that vitamin K2 supplementation may help reduce the risk of bone loss and osteoporosis associated with endometriosis.

White willow bark

Contains a compound called salicin, which is similar to aspirin and has analgesic and anti-inflammatory properties. Some women find relief from symptoms such as pelvic pain and inflammation.

Yarrow

A herb that has astringent and anti-inflammatory properties. Some women with endometriosis find relief from symptoms such as heavy menstrual bleeding and pelvic congestion by supplementing with yarrow capsules or tincture.