

Menopause & Supplements

A Guide to What Your Body Needs During Menopause

COMMON SYMPTOMS

- **Irregular Periods** – Less frequent menstrual cycles
- **Hot flashes** – A sudden wave of heat to the head, neck, or chest; may carry over into night sweats and, in some cases, insomnia
- **Mood changes** – The dramatic shift in sex hormones can impact your mental health and lead to anxiety, depression, or irritability
- **Libido** – As your hormones shift, there's less blood flow to the vagina. This means you may feel more dry down there during intimacy and experienced a lower sex drive (a water-based lubricant can help!)

DIET TIPS

- Foods low in sugar, like plain or greek yogurt, help with hot flashes
- Berries are great antioxidants and high in fiber
- Veggies like kale, brussels sprouts, and broccoli are high in fiber and low calorie
- Eggs, quinoa, meat/fish, nuts, and seeds get you much-needed protein
- Peppermint tea supports insulin balance and sage tea helps with hot flashes
- Hydrate, hydrate, hydrate!

B VITAMINS

As you age, your body loses its ability to absorb B12. B vitamins are crucial to:

- Support higher energy and feel stronger
- Relieve constipation or GI issues
- Fight against mood swings
- Produce serotonin and fight depression

VITAMIN D

Found in fatty fish and oils, egg yolks, butter, and liver. Your skin also produces vitamin D when exposed to the sun (always wear SPF!)

- Crucial for bone development as your estrogen levels fall
- May help stabilize mood and emotions

PROBIOTICS

Good bacteria that support a healthy GI tract

- Support a healthy gut microbiome
- Boost and stabilize mental health

HERBAL SUPPLEMENTS

Studies show these herbs help with menopause symptoms – find them in Binto's Women's Complete Multivitamin.

- Cocoa seed extract
- Blueberry extract
- Black cohosh
- Curcumin

VITAMIN A

Vitamin A is found in orange and yellow veggies, leafy greens, and animal products. It supports:

- Healthy vision
- Immune system function
- Bone health