

**Table.** Complementary and integrative health supplements<sup>16,17,19,21–29,33,34,36,39,42,43</sup>

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

GI, gastrointestinal; OTC, over the counter.