

Supplements Guide for Menopause

By Dr. Suganya Venkat | menolia.in

MD Pathology, DNB OB-Gyn, Gold Medalist

Essential Supplements:

1. Vitamin D3: 1000-2000 IU daily
2. Calcium: 500-600mg if diet is insufficient
3. Omega-3: 1000-2000mg EPA+DHA daily
4. Magnesium glycinate: 200-400mg daily

Potentially Helpful:

- Ashwagandha: for stress and sleep
- Black cohosh: for hot flashes
- Evening primrose oil: for breast tenderness

Probably Not Worth It:

- Mega-dose biotin
- Detox supplements
- Expensive collagen powders

Always check with your doctor before starting.

Some supplements interact with medications.