

Maca

Rich in alkaloids and other beneficial compounds, maca **stimulates the endocrine system** to ease hormonal fluctuations during menopause.



Soy

Soy is popularly chosen by menopausal women seeking **relief from hot flashes** and other transitional symptoms.



Aguaje

Naturally rich in phytoestrogens, aguaje may **help balance hormones**, alleviating hot flashes and other menopause symptoms.



Black cohosh

Black cohosh has been shown to effectively resolve both **physical and psychological issues** of menopause.



Red clover

This herb is rich in isoflavones with **estrogen-like effects**. It has been shown to improve libido, mood, sleep, and energy in menopausal and postmenopausal women.



Top 5 Herbs to Relieve Menopause Symptoms



Natural Menopause

D Siedentop



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