

Menorrhagia Supplement Considerations



Gentle Iron & Vitamin C

Heavy menstrual bleeding can lead to iron deficiency anaemia. Supplementing with iron helps restore healthy haemoglobin levels, reducing fatigue, dizziness and weakness. Vitamin C is needed for the absorption of iron, to strengthen blood vessel walls and to reduce excessive bleeding.



Magnesium Citrate

Magnesium is needed for hormone regulation as well as a reduction in cramping and reduces excessive blood flow.¹



Vegan Omega 3

Omega 3s help regulate inflammation and balance prostaglandins, which can influence uterine contractions and bleeding patterns.²



Curcumin & Turmeric

Curcumin has anti-inflammatory properties and helps modulate oestrogen levels, reducing excessive menstrual bleeding.³



PMS Hero®

Agnus Castus in PMS Hero® supports hormonal balance by regulating oestrogen and progesterone levels, which can help reduce heavy bleeding associated with hormonal imbalances.⁴

Dietary Considerations

+ Increase iron-rich foods

To compensate for blood loss, increase intake of iron-rich foods such as dark leafy greens, legumes, lentils, quinoa, pumpkin seeds and tofu. Pair with vitamin C sources for better absorption.

+ Anti-inflammatory foods

Chronic inflammation can exacerbate heavy bleeding. Foods like turmeric, ginger and berries help reduce inflammation and regulate hormonal balance.⁵

+ Reduce meat consumption

Excessive intake of meat can increase inflammation and prostaglandin production, worsening heavy bleeding.⁶

+ Limit processed foods and sugar

Processed foods and refined sugars can contribute to hormonal imbalances and inflammation, exacerbating menorrhagia. Focus on whole, nutrient-dense foods.⁷

+ Cruciferous vegetables

The liver helps metabolise excess oestrogen, which can contribute to heavy bleeding. Cruciferous vegetables (broccoli, kale and Brussels sprouts) aid in hormone detoxification.

Lifestyle Considerations

+ Manage stress

Chronically raised cortisol levels can trigger an imbalance in sex hormones and can contribute towards heavy bleeding.⁸

+ Sleep hygiene

Poor sleep contributes towards hormonal dysregulation and can worsen heavy bleeding. Aim for a minimum of 8 hours sleep each night.⁹

+ Engage in gentle exercise

Moderate exercise including walking, swimming and yoga, helps regulate hormones and improve circulation.¹⁰

+ Maintain a healthy weight

Excess body fat can lead to oestrogen dominance, which contributes to heavy bleeding. A balanced diet and regular exercise help maintain a healthy hormonal balance.¹¹

+ Avoid environmental oestrogens

Endocrine disruptors from plastics, pesticides and household chemicals can contribute to hormonal imbalances. Choose organic foods and use glass or stainless-steel containers instead of plastic.¹²

Testing Considerations

TEST	MARKER	RATIONALE
Complete blood count	Haemoglobin, Haematocrit, Red Blood Cells, Ferritin	Identifies anaemia and iron deficiency caused by excessive blood loss.
Iron panel	Serum Iron, Ferritin, TIBC	Evaluates iron levels to detect deficiencies due to heavy bleeding.
Hormonal panel	Oestrogen, Progesterone, LH, FSH	Helps determine hormonal imbalances that may be contributing to menorrhagia, such as oestrogen dominance or progesterone deficiency.
Thyroid function tests	TSH, Free T3, Free T4, Reverse T3	Thyroid imbalances, especially hypothyroidism, can contribute to heavy menstrual bleeding.
Vitamin K levels	Vitamin K1, K2	Checks for deficiencies that could impair blood clotting and contribute to prolonged bleeding.
Coagulation panel including PT, INR, aPTT	Factor I (Fibrinogen) Factor II (Prothrombin) Factor V Factor VII Factor X	Checks for abnormal blood clotting.
Pelvic ultrasound	Uterine fibroids, polyps and endometrial thickness	Identify structural causes of heavy bleeding, such as fibroids, polyps or endometrial thickening.

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