

Perimenopause & Menopause Supplement Considerations



PeriMenoFriend®

Supports hormonal balance and alleviates symptoms associated with perimenopause such as hot flushes, mood swings and sleep disturbances through a blend of phytoestrogens and adaptogens.



MenoFriend®

Supports hormonal balance and alleviates symptoms after the cessation of menstrual cycles such as hot flushes, mood swings, and sleep disturbances through a blend of phytoestrogens and adaptogens.



Gut Works®

Supports gut health and reduces inflammation, which can play a role in hormone regulation and overall wellbeing during menopause. Probiotics can increase calcium absorption.¹



Ashwagandha KSM-66®

As a temporary remedy over 1-3 months, Ashwagandha root could be a useful Ayurvedic remedy to provide support for perimenopausal individuals, who are feeling anxious or generally low.⁴



Vegan Omega 3

It helps manage inflammation, supports cognitive function and reduces cardiovascular risk, which increases in postmenopause.²



Vitamin D3 & K2

Essential for calcium absorption and bone health, as well as immune and mood support, which are crucial during menopause.³



pH Hero®

Promotes healthy urovaginal tissues, helps to maintain tissue integrity and protects against urovaginal infections, which are common in perimenopause and menopause.⁵

Dietary Considerations

+ Phytoestrogen-rich foods

Foods like soya, flaxseeds, and legumes contain plant-based oestrogens that can help improve symptoms of hormonal decline.⁵

+ Anti-inflammatory diet

Consuming antioxidant-rich foods like berries, leafy greens, nuts, and seeds helps reduce oxidative stress and inflammation associated with menopause.⁶

+ Consume foods rich in calcium & magnesium

Calcium and magnesium ensure bone health and reduce the risk of osteoporosis, which increases with age and declining oestrogen levels. Sources include dairy, leafy greens, nuts, and seeds.⁷

+ Adequate protein intake

Protein is needed for the creation of hormones and for maintaining muscle mass. Aim for a minimum of 1 gram per kg of body weight per day.

+ Healthy fats and omega 3 fatty acids

Supports brain health, reduces inflammation, and helps maintain cardiovascular health.²

+ Vitamin D and K2-rich foods

Supports calcium absorption and bone strength. Found in fortified leafy greens and fermented foods.⁸

Lifestyle Considerations

+ Stress management

Chronic stress can exacerbate menopause symptoms. Techniques such as mindfulness, meditation and breathing exercises help regulate cortisol levels and promote hormonal balance.⁹

+ Sleep hygiene

Poor sleep can worsen hormonal fluctuations and increase fatigue. Aim for 7-9 hours of quality sleep per night and maintain a consistent sleep routine.¹⁰

+ Weight management

Maintaining a healthy weight reduces the risk of cardiovascular disease, insulin resistance and joint pain, which are more common postmenopause.¹¹

+ Quit smoking

Smoking accelerates oestrogen depletion and increases the risk of cardiovascular disease, while excessive alcohol consumption can worsen sleep disturbances and hot flushes.¹²

+ Regular exercise

Strength training and weight-bearing exercises support bone density, muscle mass and metabolism, reducing the risk of osteoporosis and sarcopaenia.¹³

Testing Considerations

TEST	MARKER	RATIONALE
Hormonal Panel	Total Testosterone and Free Testosterone	Total Testosterone and Free Testosterone evaluates androgen levels to assess causes of symptoms such as fatigue, low libido, hair thinning, and metabolic changes. Elevated levels may indicate androgen excess or adrenal dysfunction.
	DHEA-S (Dehydroepiandrosterone Sulfate)	DHEA-S (Dehydroepiandrosterone Sulfate) helps differentiate between ovarian and adrenal sources of androgen production and assess adrenal function. Declining DHEA-S levels can contribute to fatigue and poor stress resilience.
	LH and FSH (Luteinizing Hormone and Follicle-Stimulating Hormone)	LH & FSH (Luteinizing Hormone and Follicle-Stimulating Hormone) assesses ovarian function and confirms menopausal status by indicating loss of ovarian reserve. Elevated FSH levels alongside low oestrogen suggest menopause.
	Prolactin	Prolactin rules out hyperprolactinaemia, which can mimic menopausal symptoms such as irregular periods, mood changes and fatigue.
	Oestrogen	Oestrogen (oestradiol) declining levels confirm perimenopause/ menopause.
	Progesterone	Progesterone assesses luteal phase deficiency and hormone fluctuations affecting mood, sleep and cycle regularity in perimenopausal women.
Thyroid Function Tests (TSH, Free T3, Free T4, Reverse T3)		
Bone Density Scan (Dexa)	Bone density	Perimenopausal and menopausal women are at a higher risk of weakening bones. Women who have had fractures or have a family history of osteopaenia or osteoporosis should monitor their bone density early on.
Lipid Profile	LDL, HDL, total cholesterol, triglycerides	Cardiovascular disease risk increases after menopause. Lipid profile monitoring helps guide dietary and lifestyle interventions.
Vitamin D, Folate And B12	25-Hydroxyvitamin D	25-Hydroxyvitamin D is crucial for bone health, immune function, and mood regulation. Deficiency is common in menopausal women.
	Folate	Folate is important for DNA synthesis and cardiovascular health. Low levels may contribute to cognitive decline and elevated homocysteine levels.
	Vitamin B12	Vitamin B12 is essential for nerve function and energy metabolism. Deficiency can lead to fatigue, neuropathy, and cognitive impairment, which may be mistaken for menopause symptoms.
	Methylmalonic acid	Methylmalonic Acid (MMA) is a more sensitive marker for B12 deficiency, particularly in cases where serum B12 levels appear normal but functional deficiency is suspected.
Homocysteine	Homocysteine	Elevated levels are associated with cardiovascular disease, cognitive decline and more severe menopause symptoms. Monitoring ensures optimal methylation and vascular health.

REFERENCES

1. Curr Nutr Rep 12, 83–97 (2023).

2. JACC Journals > JACC > Archives > Vol. 58 No. 20.

3. Front. Physiol., 12 June 2023.

4. Sec. Metabolic Physiology. Volume 14 - 2023.

5. Journal of Ayurveda and integrated medical sciences. Vol. 9 No. 6 (2024): JUNE.

6. Food Sci Nutr. 2023 Jan 13;11(4):1657–1670.

7. NIH Health information. Calcium 2025.

8. National Institute of Arthritis and Musculoskeletal and Skin Diseases. 2023. Calcium and Vitamin D: Important for Bone Health. U.S. Department of Health and Human Services. Accessed August 6, 2025.

9. Front Public Health. 2023 Jan 9;10:1045642.

10. Institute of Medicine (US) Committee on Sleep Medicine and Research; Colten HR, 2006.

11. Menopause. 2021 May 24;28(8):960–965.

12. Alcohol Res Health. 2006;29(3):199–202.

13. Endocrinol Metab (Seoul). 2018 Nov 30;33(4):435–444.