

Vitamins, Minerals & Herbs That May Support Women in Perimenopause and Menopause

By **Patrice Rolle | Menolux Health & Wellness Coaching & Consultancy**
Let's Normalize Menopause

Menopause is not just about hot flashes. It is a whole-body transition involving hormonal, neurological, metabolic, and emotional changes. During perimenopause and menopause, levels of estrogen, progesterone, and testosterone shift, which can affect sleep, mood, bones, metabolism, skin, brain function, and energy.

Nutrition and targeted supplementation may help support the body during this transition. While supplements do not replace medical care, research shows that certain vitamins, minerals, and herbs may help reduce symptoms and support overall health.

- ❑ Always speak with a qualified healthcare provider before starting any supplement, especially if you have medical conditions or take medication.

Key Vitamins for Menopause Support

Vitamin D

Vitamin D plays an essential role in bone health, immune function, and mood regulation. Low levels are common in midlife women.

Possible benefits:

- Supports bone density
- Helps with fatigue and low mood
- Supports immune health
- May help with muscle aches

Women in menopause are at higher risk for osteoporosis, making vitamin D especially important.

Common sources: Sunlight exposure, fatty fish, eggs, supplements

Vitamin B Complex (B6, B12, Folate)

B vitamins are important for the nervous system, energy production, and brain function.

Possible benefits:

- Supports mood stability
- Helps with brain fog
- May reduce anxiety and irritability
- Supports energy levels

B12 deficiency is common in midlife and can contribute to fatigue, depression, and memory issues.

Vitamin E

Vitamin E is an antioxidant that may help with hormonal symptoms.

Possible benefits:

- May reduce hot flashes in some women
- Supports skin health
- Supports heart health
- Helps with vaginal dryness in some cases

Vitamin C

Vitamin C supports collagen, immunity, and adrenal health.

Possible benefits:

- Supports skin and hair
- Helps with stress response
- Supports immune system
- Helps iron absorption

Important Minerals for Menopause

Magnesium

Magnesium is one of the most important minerals for menopausal women.

Possible benefits:

- Helps with sleep
- May reduce anxiety
- Helps with muscle tension
- Supports bone health
- May help with migraines
- Supports blood sugar balance

Magnesium glycinate or citrate are often well tolerated.

Calcium

Calcium is essential for bone strength. After menopause, bone loss can increase due to lower estrogen.

Possible benefits:

- Maintains bone density
- Supports teeth
- Helps muscle function

Calcium works best with Vitamin D and Magnesium.

Zinc

Zinc supports hormones, immunity, and skin.

Possible benefits:

- Supports immune function
- Helps with hair thinning
- Supports metabolism
- May help with mood

Iron (if needed)

Some women in perimenopause still have heavy periods and may develop low iron.

Possible benefits:

- Improves fatigue
- Supports oxygen levels
- Helps with dizziness and weakness

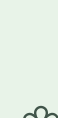
Iron should only be taken if deficiency is confirmed.

Herbs That May Help Menopause Symptoms

Herbal support has been used traditionally for many years. Some women find relief using herbal supplements, especially if they cannot take HRT.

Black Cohosh

Often used for hot flashes and night sweats.

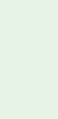


- May reduce hot flashes
- May help mood symptoms
- May help sleep

Not suitable for everyone. Should be used with guidance.

Ashwagandha

An adaptogenic herb that supports stress response.

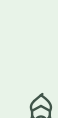


- May reduce anxiety
- Supports sleep
- Helps with fatigue
- Supports adrenal function

Useful for women experiencing stress, burnout, or nervous system overload.

Sage

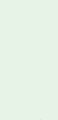
Traditionally used for hot flashes.



- May reduce sweating
- May help hot flashes
- Supports memory

Maca Root

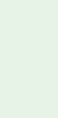
Used for energy, mood, and libido.



- May improve energy
- May help low libido
- Supports mood
- Supports stamina

Evening Primrose Oil

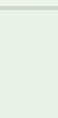
Often used for breast tenderness and skin dryness.



- May help breast pain
- Supports skin
- May help mild hot flashes

St John's Wort

Sometimes used for low mood.



- May help mild depression
- May support mood

Must not be combined with certain medications.

Supplements for Brain, Mood & Nervous System Support

Menopause affects the brain as much as the ovaries.

Helpful nutrients may include:

- Omega-3 fatty acids
- Magnesium
- B vitamins
- Vitamin D
- L-theanine
- Adaptogens

These may help with:

- Anxiety
- Brain fog
- Low mood
- Sleep problems
- Irritability

Important Reminder

Not every supplement works for every woman.

Menopause symptoms are influenced by:

| | | |
|-----------------|-----------------------|------------------|
| Hormones | Stress | Nutrition |
| Sleep | Trauma History | Lifestyle |

Medical Conditions

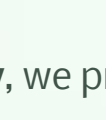
This is why education, coaching, and individualized support are important.

Support Available Through Menolux

At **Menolux Health & Wellness Coaching & Consultancy**, we provide education-based support for women in perimenopause and menopause, including:



Menopause Education Sessions



CBT-Based Menopause Support



Lifestyle Coaching



Workplace Menopause Training



Executive Menopause Coaching



Non-Hormonal Symptom Management Strategies

To book a session or workplace seminar:

✉ menoluxhealthandwellness@gmail.com
🌐 www.menoluxspa.com

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- ❑ **Disclaimer:** This information is for educational purposes only and does not replace medical advice. Always consult your doctor, pharmacist, or qualified healthcare provider before starting supplements or herbal products.