



Supplement Support Reference by Hormone-Related Symptom



Symptom	Possible Supporting Supplement	Timing	Use & Dosage Tips
Heavy Periods/ Fatigue	Iron (with vitamin C)	Take with food	Avoid taking with coffee, tea or dairy for better absorption
Cramps / PMS	Magnesium (glycinate or citrate), B6	Take at night	Supports relaxation and sleep benefits
Mood Swings	B6, Omega-3s	Omega-3s with meals; B6 daily	Consistency is key for mood support
Breast Tenderness	Chasteberry (Vitex)	Daily	Use consistently for 2-3 months for best results
Hot Flashes	Black cohosh (with caution), flaxseed	Black Cohosh as directed, Flaxseed daily	Take black cohosh as directed; include flaxseed daily
Anxiety / Stress	Ashwagandha, Rhodiola	Ashwagandha at night; Rhodiola mid-morning	Supports stress balance and energy
Bone Health	Calcium + Vitamin D	Split doses	Take calcium in two doses; vitamin D with a meal

