

# TOP SUPPLEMENT PICKS

## Guide

### SUPPLEMENTS FOR:

#### MOOD SYMPTOMS

St John's Wort  
5htp  
Saffron  
Fish oil  
Withania  
Passionflower  
L-Theanine  
Vitamin D

#### HOT FLUSHES & SWEATING

Zizyphus  
Sage  
Natural Progesterone Cream  
Red Clover  
Black cohosh  
Linseed meal  
Maca  
Vitamin E

#### COGNITION/ MEMORY/ ALERTNESS

Brahmi  
Gingko  
Ginseng family:  
- Rhodiola  
- Withania  
- Siberian Ginseng  
Fish Oil

#### VAGINAL DRYNESS

Vagisil  
Vitamin E  
Fish oil  
Evening Primrose Oil  
Linseed meal

#### METABOLISM & FAT LOSS

Chromium  
Oregano oil  
Cinnamon  
Green tea  
Magnesium

#### INFLAMMATION/ JOINT PAIN

Fish oil  
Turmeric  
Boswellia

#### SLEEP

Passionflower  
Zizyphus  
Lavender  
Magnesium  
Melatonin

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Before taking any supplements please check cautions and contraindications especially with any pharmaceutical medication.