

Name	Use	Side Effects	Risks
Black Cohosh	Menopause symptoms	Nausea & Vomiting Dizziness Headaches Breast pain Weight gain	Low blood pressure
Dong Quai	Enhancement of energy Well-being		Blood thinning
Licorice Root	Balances estrogen / progesterone Cancer risk reduction Fatigue		High blood pressure
St. John's Wort	Depression		Blood thinning
Valerian	Insomnia		Liver disease
Hops	Insomnia Menopause symptoms Heart attack risk reduction Osteoporosis risk reduction		Estrogen-dependent cancer
Motherwort	Menopause symptoms		
Joyful Change	Irregular periods Hot flashes Insomnia Vaginal dryness		
Chai Hu Long Gu Muli Wang	Insomnia Mood swings		
Isoflavones & Red Clover	Menopause symptoms		