

## Dietary Supplements for Menopause

		Insomnia	Fatigue	Moods	Joint Pain	Dry Skin	Hair Loss	Heart Attack	Breast Cancer	Alz
Amino Acids	5-HTP	+		+						
	Melatonin	+	+							
	SAMe			+	+					
	Glucosamine				+					
	MSM				(+)		(+)			
	Alpha Lipoic Acid					+		+		
	L-Carnitine							+		
Fatty Acids	Omega 3				+	+			+	
	Omega 6			+						
	Lecithin									+
Enzymes	CoQ10					+		+	+	