



## Menopause Supplements with a History of Breast Cancer

Symptom	Supplement	Dosage	Precautions
<b>Bone Strength</b>	Vitamin D	800-1,000 IU daily	Avoid exceeding 4,000 IU/day; excess can cause hypercalcemia and kidney damage.
	Calcium	700 mg/day (from diet or supplements)	Avoid exceeding 2,500 mg/day; take with food for better absorption; do not take within 1-2 hours of other medications.
	Magnesium glycinate/threonate	Up to 350 mg/day	Avoid alcohol with supplements; glycinate aids sleep, threonate helps anxiety
	Omega- 3 Fatty Acids	1 g/day	Avoid if taking Tamoxifen; vegan options available.
<b>Joint Pain &amp; Inflammation</b>	Omega- 3 Fatty Acids	1 g/day	Avoid if taking Tamoxifen; vegan options available.
	Turmeric (Pomi-T)	2 capsules/day	May interact with blood thinners or anticonvulsants; mild indigestion possible.
	Collagen	2.5-15 g/day	No major side effects reported
<b>Hot Flashes</b>	Pollen Extract (Femal)	1 capsule daily	Effects may take up to 2 months; suitable for people with hayfever.
	Turmeric (Pomi-T)	2 capsules/day	May interact with blood thinners or anticonvulsants; mild indigestion possible.
	Vitamin E	15 mg or 22 IU daily	Avoid if taking Tamoxifen; high doses may interfere with blood clotting.
	Milk Thistle	Follow Product Guidelines	May reduce frequency and intensity of hot flashes
<b>Sleep &amp; Mood</b>	Turmeric (Pomi-T)	2 capsules/day	May interact with blood thinners or anticonvulsants; mild indigestion possible.
	Magnesium glycinate/threonate	Up to 350 mg/day	Avoid alcohol with supplements; glycinate aids sleep, threonate helps anxiety
<b>Skin, Hair &amp; Nails</b>	Collagen	2.5-15 g/day	No major side effects reported