

# The Menopause Checklist

Four steps to a formula worth your money, and a fair test to prove it

**2,027**WOMEN IN THE 16 TRIALS  
BEHIND THE VERDICT

## 1 Read the first ingredient, not the front label

*The default herb has the weakest trial record*

- ☐ Flip the bottle. If the first botanical is **black cohosh**, the trial record is inconsistent
- ☐ Look for **hops extract standardized for phytoestrogens**, the newer lead ingredient
- ☐ A review of 16 trials in 2,027 women found insufficient evidence it relieves symptoms
- ☐ Skip proprietary blends that hide every amount behind one number

## 2 Match the formula to your worst symptom first

*No single formula covers every symptom equally*

- ☐ Hot flashes and night sweats first: pick a formula tested on temperature symptoms
- ☐ Mood changes: look for vitamin B6 as P5P on the label, and loop in your doctor early
- ☐ Broken sleep: treat the night sweats before buying a separate sleep aid
- ☐ Vaginal dryness responds better to local treatments; ask your provider

## 3 Set a trial window with a hard exit date

*Without an exit date, every bottle earns a rebuy*

- ☐ Give one formula **8 to 12 weeks**; that is how long the clinical trials run
- ☐ Change one thing at a time so you know what moved the score
- ☐ Score your worst symptom weekly, 1 to 10, on paper; memory flatters supplements
- ☐ No clear change by the exit date: stop, save the money, talk to your provider

Keep this page. Prices and formulas change; the shelf test and the exit-date rule do not.

## 4 Start with a formula that skips black cohosh

*EstroG-100 and hops carry the newer trial data*

- ☐ Thorne Perimenopause Complete: EstroG-100 blend, standardized hops, B6 as P5P
- ☐ No black cohosh and no soy isoflavones on the label
- ☐ Two capsules a day; about **\$1.73 a day** for a 30-day jar

### THE COACH'S PICK

#### Thorne Perimenopause Complete

EstroG-100 botanical blend with standardized hops and active B6. About \$1.73 a day.

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