

# W O M E N

*Obstetrics & Gynecology*

PHYSICIANS • MIDWIVES

## Over the Counter Medications for Menopausal Symptom Management

<b>Multi-Symptom</b>	Oona for Menopause (ordered on Amazon)
<b>Mood</b>	St. John's Wort
<b>Acuity</b>	Gingko Biloba
<b>Energy</b>	Ginseng
<b>Hot Flashes</b>	Black Cohosh Estroven/Soy Relizen
<b>Sleep</b>	Melatonin Blue Green Algae Valerian Root
<b>Vaginal Dryness</b>	Replens