

MENOPAUSE

Depression	Emotional	Muscle weakness	Memory lapse	Thinning hair
Lacking energy	Irritability	Weight gain	Fatigue	Irregular periods
Insomnia	Night sweats	Paraesthesia	Itchy skin	Thicker hair
Anxiety	Headaches	Low mood	Panic	IBS
Loss of libido	Hot flushes	Joint pain	High blood pressure	Bloating

MENOPAUSE

Lacking energy	Hot flushes	Muscle weakness	Itchy skin	Irregular periods
Loss of libido	Headaches	Low mood	Breast tenderness	Thicker hair
Depression	Emotional	Tinnitus	Fatigue	Bloating
Anxiety	Irritability	Joint pain	High blood pressure	Thinning hair
Brain Fog	Night sweats	Weight gain	Memory lapse	IBS

MENOPAUSE

Depression	Urinary tract infection	Muscle weakness	Breast tenderness	Bloating
Insomnia	Hot flushes	Weight gain	Itchy skin	IBS
Lacking energy	Emotional	Low mood	Panic	Irregular periods
Anxiety	Irritability	Paraesthesia	Fatigue	Thicker hair
Brain Fog	Night sweats	Joint pain	Memory lapse	Thinning hair