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- •Multi B-Vitamins 300mg Of B6 And 6 Mcg Of B12 •Evening Primrose Oil (EPO) At Bedtime Can Help With Lowering Incidence Of Hot Flashes (1500-2000 Mg.)
- •Rhubarb (Rheum Rhaponticum) 4 Mg Per Evening Can Help With Alleviating Hot Flashes (study With 112 Women Who After 28 Days Reported Jan 14th, 2024

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Expand The 2013 Position Statement Of The North American Menopause Society (NAMS) On The Management Of The Genitourinary Syndrome Of Menopause (GSM), Of Which Symptomatic Vulvovaginal Atrophy (VVA) Is A Component. Feb 3th, 2024

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Atau Disebut Juga Masa Premenopause.Wanita Menjelang Menopause Akan Mengalami Feb 8th, 2024

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