



Heavy Menstrual Periods – How to Help

Why Heavy Periods Happen

Heavy menstrual bleeding is often linked to:

- Hormone imbalances (high estrogen, low progesterone)
- Inflammation (high prostaglandins)
- Nutrient deficiencies (especially iron)
- Structural causes (fibroids, adenomyosis)

Most Helpful Supplements

Iron (if levels are low)

- Replenishes iron lost during bleeding
- Supports energy, hair, and thyroid function
- Best to base off of lab results

Magnesium Glycinate

- Relaxes the uterus
- Reduces cramping, may decrease bleeding
- Also supports sleep and mood
- 200-400 mg nightly

Omega-3s (Fish Oil)

- Anti-inflammatory
- Helps reduce bleeding and clotting

Vitamin A

- Supports healthy uterine lining
- Helps prevent excessive buildup

Vitamin K

- Supports proper blood clotting
- Helpful during heavy flow days

Other Treatment Options

- *Supplementation with bioidentical progesterone when indicated*
- *Prescription treatment when appropriate*

Herbal Support

Chasteberry (Vitex)

- Supports progesterone balance
- Best for PMS + heavy periods
- Takes 2–3 cycles for full effect

Shepherd's Purse

- Helps reduce active heavy bleeding

Yarrow

- Supports blood vessel tone
- May reduce flow

Lifestyle + Root Cause Support

Support Hormone Balance

- Eat fiber daily (supports estrogen detox)
- Include cruciferous veggies (broccoli, kale)
- Prioritize protein with each meal

Reduce Inflammation

- Limit processed foods, sugar, and seed oils
- Increase omega-3 and antioxidant rich foods

Support Progesterone

- Manage stress (sleep, downtime, sunlight)
- Avoid under-eating
- Support ovulation (key for hormone balance)

Simple Starter Plan

- Magnesium and Omega-3 supplements daily
- Iron (if needed)
- Chasteberry if recommended (discuss with your provider)
- Support progesterone and overall hormone balance
- You can find specific supplement recommendations at our Fullscript site: us.fullscript.com/welcome/wellkcks under the Favorites category “Period Support”

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