

Dr. Duke's Phytochemical and Ethnobotanical Databases
List of Chemicals for Antimenopausal

Chemical	Dosage
ASCORBIC-ACID	500-5,000 mg/day
CALCIUM	1,000-1,500 mg/day
ESTRIOL	--
ESTROGENS	--
ESTRONE	0.7-2.8 mg/day/orl/wmn
HESPERIDIN-METHYL-CHALCONE	750-1,500 mg/day
MAGNESIUM	500-750 mg/day
SELENIUM	200 ug/day
TRYPTOPHAN	6 g/day