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Does Relizen Work for Natural Relief of Menopause Symptoms?

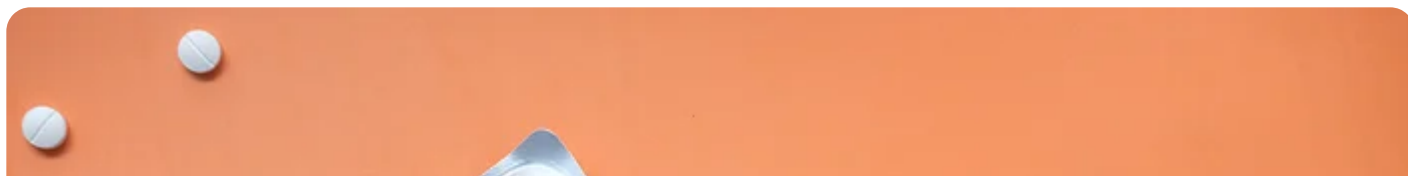


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Key takeaways:

- Relizen is an estrogen-free dietary supplement that may be helpful for menopause symptoms, such as hot flashes, sleeplessness, and vaginal dryness.
- Relizen is a non-hormonal supplement made from pollen extract that's purified to remove pollen allergens. It doesn't have estrogen-related effects on the breasts or uterus.
- Taking Relizen for at least 3 months may be effective for relieving menopause symptoms with few side effects and interactions. But more research is needed to confirm its benefit.





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It may sound unconventional, but some women have been turning to pollen products to help relieve menopause symptoms. It's an over-the-counter (OTC) option that does not contain estrogen. Relizen, a [pollen extract product](#), claims to help with hot flashes and sleeplessness caused by [menopause](#).

What's important to note is, unlike other dietary supplements used for menopause symptoms, Relizen isn't a phytoestrogen. [Phytoestrogens](#) are naturally occurring plant compounds that act like estrogens in the body. Relizen doesn't seem to work by mimicking estrogen — which is good, because you don't have to worry about potential estrogen-related effects on the breasts or uterus.

So, how effective is Relizen for relieving menopause symptoms — and is it an option for you?

What is Relizen?

Relizen is a powdered pollen extract harvested in southern Sweden. Relizen has been widely available in Europe since 1999 under a variety of names, including Femal, Femelis Meno, Serelys, and PureCyTonin. Bonafide Health LLC distributes the supplement in the U.S. You can buy it in stores or online.

Pollen extracts, like Relizen, claim to help relieve [menopause symptoms](#) when taken for 3 months or longer. These [symptoms](#) can include:

- Hot flashes
- Night sweats
- Irritability or [mood changes](#)
- Hair or skin changes
- Trouble losing weight
- [Trouble sleeping](#)
- Fatigue
- [Vaginal dryness](#) or pain
- Lower sex drive or less pleasure from sex

How does Relizen help with menopause symptoms?

Currently, it isn't clear exactly how Relizen works. [Some studies suggest](#) that Relizen affects serotonin. [Serotonin](#) is a chemical messenger in your brain that helps to regulate body temperature, mood, and sleep.

Another study mentions that Relizen has strong [antioxidant activity](#). Antioxidants have been shown to [reduce hot flashes](#) when taken during menopause. And since Relizen is not a phytoestrogen, it's also a potential estrogen-free alternative to [hormone replacement therapy](#).

How do you take Relizen?

One study investigating pollen extract products, like Relizen, had participants take [2 tablets by mouth once a day](#) in the morning. Study participants took the pollen extract supplement daily for 3 months.

As we'll discuss more later, Relizen doesn't seem to have many [drug interactions](#). This means that you may be able to combine it with other menopause medications. But, it's still a good

idea to check with your healthcare provider before adding any new medications or supplements to your daily routine.

How effective is Relizen?

According to a small study on pollen extracts like Relizen, [65% of women](#) taking it had improvement in their menopause symptoms. Only 38% of those taking a [placebo](#) (a pill with no medicinal properties) reported symptom relief. Larger studies are needed to confirm Relizen's benefits. But these early results are promising.

Keep in mind that the [FDA](#) does not regulate pollen extracts and other [dietary supplements](#) the same way they do prescription and [OTC medications](#). Relizen and other pollen extracts aren't required to go through testing for safety and effectiveness. This makes it difficult to say for sure that Relizen works or is safe to use.

How long does Relizen take to work?

As mentioned earlier, Relizen should be taken for a minimum of 3 months. But it could be a shorter period of time for some people. The study discussed above noted that some people began feeling relief from hot flashes after 2 months of taking Relizen.

Does Relizen have any side effects?

Relizen seems to have a low risk of side effects. [Less than 2%](#) of women reported side effects after 3 months of taking a pollen extract product like Relizen. Possible side effects could include:

- Migraine
- Stomach upset
- Stuffy or runny nose
- Irritability
- Excitability
- Itching

You may be wondering if you can take Relizen if you have [allergies](#) to pollen. Well, great news! You should be able to. The pollen extracts in Relizen are collected from certain plant

news. You should be able to. The pollen extracts in Relizen are collected from certain plant species. Then, they're processed to [purify the pollen](#). This removes the outer shell that contains the allergens (substances that can trigger an allergic reaction).

But what about Relizen's effects on your hormone levels? As discussed earlier, Relizen is non-hormonal. Laboratory and animal studies show that pollen extract supplements, like Relizen, have [no estrogen-like effects](#).

It's still a good idea to discuss these supplements with your healthcare provider — especially if you have a history of hormone-sensitive cancers, like [breast cancer](#). Relizen hasn't been well-studied in people with these health conditions.

Does Relizen have any interactions?

Compared with other medications that relieve menopausal symptoms, [interactions](#) don't seem to be a problem with pollen extract products like Relizen.

One animal study suggested pollen extracts [may affect serotonin levels](#) in the brain. But larger studies in humans are needed to confirm these findings. It's a good idea to speak with your healthcare provider if you take other medications that affect serotonin levels, such as [antidepressants](#).

The bottom line

Relizen is a non-hormonal OTC dietary supplement that's marketed for the relief of menopause symptoms. Relizen is a pollen extract product that's purified to remove pollen allergens. Small studies suggest Relizen may be effective in relieving menopause symptoms, such as hot flashes and vaginal dryness. But more research is needed to confirm these benefits.

Relizen takes about 3 months to fully kick in. The supplement also seems to have a low risk of side effects and interactions. Be sure to discuss Relizen with your healthcare provider before starting it. They'll be able to tell you if a pollen extract product would be right for you.

References

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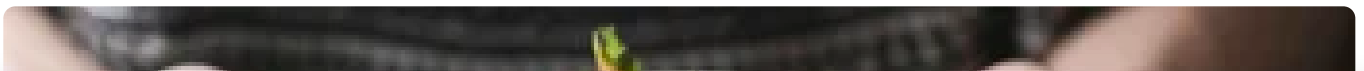
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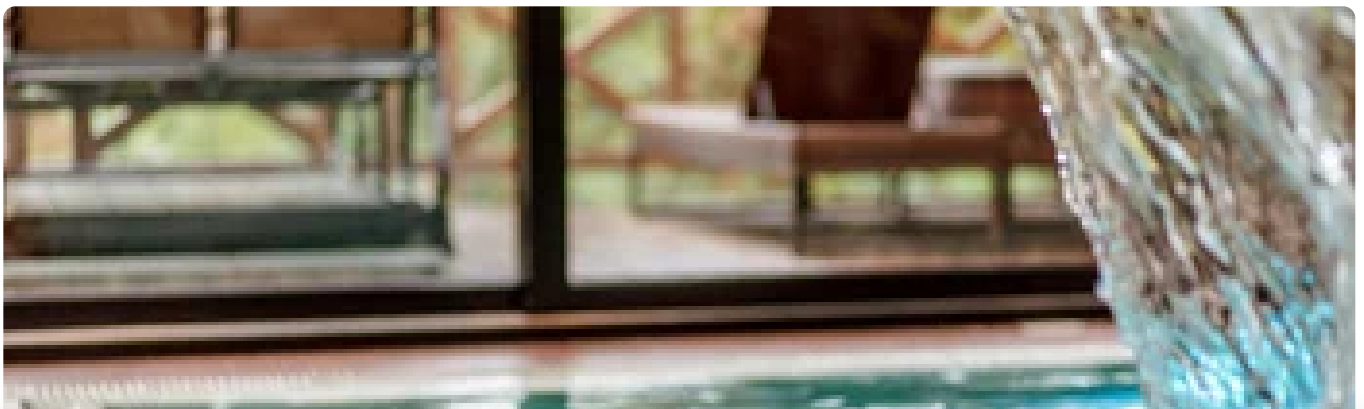
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