Nutritional practices to manage menstrual cycle related symptoms: a systematic review

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PURPOSE

Review all studies investigating changes in menstrual-related symptoms in eumenorrheic women using foods/supplements as interventions for management.

METHOD

This review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines.

KEY FINDINGS

Total of 28 studies with 21 different foods/supplement interventions. Lack of consistency in studies to confidently provide information to eumenorrheic women regarding the use of foods/supplements to reduce menstrual symptoms.

> "Curcumin may reduce menstrual-related symptoms, further investigation is required for the use of vitamin D, calcium, magnesium and zinc."
>
> Brown et al.

ACTION

Future studies should focus on investigating nutritional strategies to manage menstrual-related symptoms, ensuring dietary reference values and safe upper limits of supplementation are adhered to

Optimal Period.