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Abstract title
The comparison of the effect of soybean and fish oil on supplementation on

menopausal symptoms in postmenopausal women: A randomized,

double-blind, placebo-controlled trial

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**Abstract**

Background: The effect of soybean and omega-3 fatty acid supplementation on menopausal symptoms in postmenopausal women was investigated.

Materials and methods: In a randomized, double-blind, placebo-controlled trial postmenopausal women were randomly given either soybean (Soygan 500 mg capsule; n = 60), or omega-3 fatty acids (Omega-rex 1000 mg soft gel; n = 60), or placebo (n = 60) daily for 12 weeks. The primary outcome was a change on the menopause rating scale score (MRS), while the secondary outcome was any adverse symptoms and effect was the effect of soybean or omega-3 fatty acid supplements on the blood lipids and thyroid hormone.

Results: Based on the results of post-hoc in terms of overall MRS score there was a significant difference between the control and Soygan (p < 0.001) and Omega-rex groups (p = 0.03); however, there was no significant difference between the two intervention groups (p = 0.86). Soygan and Omega-rex had no effects on the blood lipids and thyroid hormone.

Conclusion: Soygan and Omega-rex reduced the MRS score and improved menopausal symptoms in postmenopausal women.

**Keywords**

Cod liver oil, Soybean, Hot flush, Sexual dysfunction, Sleep disorder, Postmenopause

**Recent Publications:** Minimum 3 publications to be included (Not mandatory)

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…, M Ajdary, R Derakhshan, S Rokhgireh… - BMC Women's …, 2024 – Springer

**2-Laparoscopic surgery for endometriosis of the round ligament: A case of a patient with right-sided inguinal pain**

S Rokhgireh, A MehdizadehKashi… - Women's …, 2024 - journals.sagepub.com

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**Biography**

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