Controlled flax interventions for the improvement of menopausal symptoms and postmenopausal bone health: a systematic review

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Record Status
This is a systematic review that meets the criteria for inclusion on DARE.

Bibliographic details
Dew TP, Williamson G. Controlled flax interventions for the improvement of menopausal symptoms and postmenopausal bone health: a systematic review. Menopause 2013; 20(11): 1207-1215

PubMedID
23571524

DOI
10.1097/GME.0b013e3182896ae5

Indexing Status
Subject indexing assigned by NLM

MeSH
Bone Density /drug effects; Bone and Bones /drug effects; Dietary Supplements; Female; Flax; Health Behavior; Hot Flashes /drug therapy; Humans; Isoflavones /therapeutic use; Middle Aged; Osteoporosis /prevention & control; Phytotherapy /methods; Plant Preparations /therapeutic use; Postmenopause; Women's Health

AccessionNumber
12013020548

Date bibliographic record published
30/04/2013