



Menopause and Perimenopause

Taking charge of the transition

An online guide from
Harvard Health Publishing

Bioidentical hormones

Bioidentical hormones are made from chemicals extracted from plants. In your body, they behave in a similar way to hormones such as estrogen that you produce naturally. Although bioidenticals are touted as being safer than natural hormones, there is no scientific evidence supporting this claim. The FDA has approved some preparations, but many are compounded (mixed in a pharmacy), so the quality of preparations varies. In addition, some preparations are sold over the counter or as herbal remedies, which are not regulated by the FDA.