Why do you take phytoestrogens?

- Reduction of hot flushes: 79%
- Treatment of insomnia: 37%
- Mood disturbances: 35%
- Prevention of bone loss: 27%
- Reduction of palpitations: 22%
- Reduction of cholesterol levels: 16%
- Improvement of vascular disturbances: 16%
- Prevention of skin aging: 12%