Lay summary:

Many women experience a wide range of physical, emotional, digestive, and sleep-related symptoms during perimenopause, the transition leading up to menopause. These symptoms can affect daily life, work, relationships, and overall wellbeing. While hormone replacement therapy can help some women, not all women can or wish to use hormonal treatments, and alternative options are limited. This study explored whether a non-hormonal, gut-focused supplement could help improve symptoms in women experiencing perimenopause. Over 12 weeks, women took a daily live- bacteria supplement and completed online questionnaires about their quality of life, menopause- related symptoms, digestive symptoms, and sleep patterns. The study found improvements across several areas, including menopause-specific quality of life, digestive symptoms, overall symptom burden, and sleep regularity. Most participants experienced a meaningful improvement in quality of life, and the supplement was generally well tolerated, with high levels of adherence. As this was a small, single-group study without a comparison group, it cannot prove that the supplement directly caused the improvements observed. However, the findings suggest that gut-targeted, non-hormonal approaches may be worth further investigation as potential support options for women experiencing perimenopausal symptoms.