

**Table 1 Characteristic of the studies included in the meta-analysis**

References	Country	Design	Age ( years ) Mean ( SD )	Duration (Day)	Type of intervention	Dose	Control group	Participant Intervention/ placebo	Mood assessment	Type of Rating
Cagnacci 2002	Italy	RCT	50.73(0.79 )	90	Kava-Kava (extract of Piper Methysticum) (lignan)	100mg/day 200mg/day	placebo	I:15/19 P:34	SDS GCS	self-rating clinician rating
Jeffrey 2003	Canada	RCT	52.3(3.71)	90	Red clover isoflavone	57mg/82mg	placebo	I: 84/83 P:85	GCS	clinician rating
Ishiwata 2009	Japan	RCT	50.53(4.78 )	90	Daidzein isoflavone	10mg/day 30mg/day	placebo	I:28/29 P:33	POMS	self-rating
Rilva 2009	Brazil	RCT	53.2(5.7 )	120	Soy isoflavone	120mg/day	placebo	I:39 P:37	CES-D	clinician rating
Lipovac 2010	Austria	RCT	53.5(7.1)	180	Red clover isoflavone	80mg/day	placebo	I:50 P:59	HADS SDS	self-rating
Atteritano 2014	Italy	RCT	52.5(2)	365/730	Phytoestrogen genistein (isoflavone)	54mg/day	placebo	I:139 P:123	SDS	self-rating
Hirose 2015	Japan	RCT	48.7(5.18 )	60	Isoflavones aglycone	25mg/day	placebo	I:29 P:29	HADS	self-rating
Shamshad 2016	India	RCT	53.31(4.32)	90	Fenugreek extract	500mg/day (1week) + 1000mg/day (12weeks)	placebo	I:38 P:32	GCS	clinician rating
Park 2016	Korea	RCT	52.28(5.26)	42	Schisandra chinensis (lignan)	196mg	placebo	I:18 P:18	KMI	self-rating
Evans 2017	Australia	RCT	61.5(1.1 )	98	Resveratrol	150mg/day	placebo	I:38 P:41	CES-D POMS	clinician rating self-rating

SDS, the Zung's Self-Rating Depression Scale; GCS, the Greene Climacteric Scale; POMS, the Profile of Mood States; CES-D, the Center for Epidemiological Studies Depression Scale; HADS, the Hospital Anxiety and Depression Scale; KMI, Kupperman Menopause Index; QOL, Quality of Life; SD=Standard-deviation

**Table2. The adverse events in all included studies.**

Parameter	Kava-Kava			Red clover isoflavones		Daidzein isoflavone	Soy isoflavones	Schisandra chinensis	Total
	100 mg+1 g/day of calcium	200 mg+1 g/day of calcium	placebo	57mg/day	82mg/day	30mg/day	120mg/day	196mg	
<b>Gastrointestinal symptoms</b>									<b>38</b>
Abdominal pain	2	2	1	8	4	-	3	-	20
Nausea	1	1	1	-	-	-	2	-	5
Constipation	-	-	-	-	-	-	2	-	2
Increase in appetite			-		1	-	-		1
Diarrhea	-	-	-	3	2	-	2	-	7
Epigastric	-	-	-	-	-	-	1	-	1
Flatulence	-	-	-	-	-	-	2	-	2
<b>Physical Pain</b>									<b>43</b>
Headache	-	-	-	4	5	-	2	1	12
Myalgia	-	-	-	8	10	-	-	-	18
Pain breast	-	-	-	-	-	-	1	-	1
Arthralgia	-	-	-	7	5	-	-	-	12
<b>Other Events</b>									<b>23</b>
Generalized Rash			1		-		-		1
Tremor of extremities	-	-	-	-	-	-	1	-	1
Dizziness	-	-	-	-	-	-	1	-	1
Blurred vision	-	-	-	-	-	-	1	-	1
Insomnia	-	-	-	-	-	-	1	-	1
Cold or Upper respiratory tract infection	-	-	-	10	9	-	-	-	19
Infection	-	-	-	-	-	1	-	-	1

<b>Total</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>40</b>	<b>35</b>	<b>1</b>	<b>29</b>	<b>1</b>	<b>106</b>
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