

The effects of Cobalamin and B-complex on hypermenorrhea

Sir,

As gynecologists, we were surprised to see the great effect of B-12 and B-complex on hypermenorrhea. We found it accidentally while trying to deal with the anemia symptoms of hypermenorrhea.

During the time the patients with prolonged bleeding (bleeding more than 10 days) were waiting for laboratory and imaging results, we prescribed one B-complex and one B-12 ampule,^[1] daily for 5 days, to these patients who showed no underlying diseases in order to relieve the weakness and dizziness resulting from anemia. We surprisingly noticed that their irregular bleeding stopped. (The hypermenorrhea of 43 out of 47 patients responded favorably to this treatment). Then, we followed them up for two more cycles and we found that the bleeding pattern was normal.

Then, we decided to explore related articles to find a justification. After searching the articles, we came across one article in Women's Encyclopedia of Natural Medicine which had dealt with the effect of B-complex deficiency on estrogen metabolism and menstruation,^[2] and another study about the effect of supplementation with vitamin B-complex on estrogen level that was published in the International Journal for Vitamin and Nutrition Research.^[3] They both suggested that Vitamin B12 and B-complex cause an increase in estrogen level, which leads to endometrial proliferation. Prolonged bleeding decreases the thickness of endometrium in hypermenorrhic women and causes irregular bleeding, so these two vitamins play treatment roles.

Hereby, we would like to announce that B-complex and B-12 can serve a vital role in treating hypermenorrhic cases. We also call for further clinical trials with project and ethical number to explore in more details the effects of B-12 and B-complex on hypermenorrhea and their appropriate therapeutic doses.

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Conflicts of interest

There are no conflicts of interest.

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