The study reveals that menopause leads to changes in hormonal status, metabolism and lipid profile with an increase in total cholesterol and low-density lipoprotein cholesterol levels. The use of Phytotherapy among menopausal women has increased in the last years and some evidence exists in favor of the natural approach for diminishing triglycerides, LDL and total cholesterol in postmenopausal women. Products enriched with phytosterols/-stanols are one of the best known functional foods to lower elevated total and LDL cholesterol levels. Epidemiological studies report that intake of citrus flavonoid-containing foods attenuates cardiovascular diseases indeed experimental clinical studies reveal lipid-lowering properties of citrus flavonoids. Garlic extracts are long been the focus of experimental and clinical attentions due to its promising lipid-lowering effects. Numerous animal studies as well as in vitro ones have demonstrated the hypolipidemic effects of garlic. Artichoke with multiple therapeutic properties is recommended not only in disorders of the liver, but also in the prevention of atherosclerosis and hyperlipidemia. Red Yeast Rice is a traditional Chinese food that is fermented and obtained after red yeast (Monascus purpureus) is grown on rice. RYR contains Monacolin K and other active ingredients that play a role in the management of cholesterol levels but with possible side effects. Recent studies have suggested that the natural alkaloid berberine could have pharmacological activities potentially useful in hypercholesterolemia management. Guggul, herbal extract from resin of the Commiphora mukul tree, is widely used in Asia as a cholesterol-lowering agent based on Indian Ayurvedic medicine. Also Bergamot extract, Soy, Amla (Emblica Officinalis), Nigella Sativa, Hibiscus Sabdariffa and Salvia miltiorrhiza Bunge are known to possess hypolipidemic properties.