

# 5 ESSENTIAL SUPPLEMENTS FOR THRIVING IN MIDLIFE



## MAGNESIUM GLYCINATE

This mineral is a crucial component in our bodies for a wide variety of needs, with deficiencies resulting in risks of cardiovascular disease, hypertension, type-II diabetes, osteoporosis, and migraines, as well as playing a role in depression, libido, and fertility.

Magnesium is critical to your body's ability to relax and stay calm, can improve sleep and can help with hot flashes, night sweats, anxiety and depression. Research has also suggested that magnesium may help with insomnia, headaches, and joint pain.



## VITAMIN D

Vitamin D is actually a hormone that is produced by the body and is involved in many processes that protect you from disease and chronic health problems. Vitamin D has been studied for its role in treating and preventing many health and menopause related conditions preventing such as heart disease, depression, osteoporosis, diabetes, cancer, and weight gain. Vitamin D is also known to have a positive impact on irritable bowel syndrome, muscle weakness, autoimmune diseases, fibromyalgia and chronic fatigue syndrome, chronic pain, and asthma and allergies.

We are just beginning to understand how widespread its actions are and how integral it is to healthy body functioning.



## VITAMIN B COMPLEX (SPECIFICALLY B6, B12)

B vitamins play important roles in brain health and cognitive function and neurological and neurotransmitter function and support so ensuring adequate intake helps support memory, focus and overall cognitive performance. Vitamin B12 is essential for energy production and managing fatigue and low energy levels - it helps boost energy. Vitamin B12 is also important for nerve function and supporting the nervous system. Vitamin B6 is involved in the production of melatonin and serotonin so helps improve sleep quality, reduce insomnia symptoms, improves overall mood and can be a supportive treatment for anxiety, depression and mood swings.



## ZINC

Zinc is a critical nutrient for immune system function. But it supports women specifically.

It regulates women's cycles and promotes ovulation, regulates testosterone, supports and calms the stress response, reduces inflammation, supports thyroid hormones, helps to maintain collagen and tissue health and can relieve the vaginal dryness of menopause.

Zinc is also a co-factor in a lot of gastrointestinal activities, which means your body can't digest food and absorb nutrients properly without it.



## OMEGA 3

Omega-3 plays an essential role in our brain health and should be a regular part of our diets. Omega-3 supplements should include both EPA and DHA - EPA to reduce inflammation and DHA to optimize brain health.

Omega-3 can greatly help women during menopause. It helps treat a range of menopausal symptoms, such as higher triglyceride levels, joint pain/menopause arthritis, menstrual pain and cramping, depression, improve mood and brain health, osteoporosis, hot flashes and vaginal dryness.