

Important Supplements for Women

Every year in May we celebrate Women's Health Month, which helps raise awareness about the unique health needs of women. Over the course of a woman's life, nutritional needs change. During pregnancy, for example, a woman may require additional B vitamins and iron.



Below is some useful information about My top recommended supplements for women's health, including popular products

from [my dispensary](#).

Vitamin D

Vitamin D is a fat-soluble vitamin involved in many body functions, including calcium absorption, bone formation, hormone regulation, brain and neuromuscular function, and immune health. Primarily obtained from sun exposure, vitamin D is also found in certain foods such as eggs and dairy products.

Top Vitamin D supplements on Fullscript: [Liquid Vitamin D3 with K2 by Ortho Molecular Products](#)

[Vitamin K2 with D3 by Ortho Molecular Products](#)

B Vitamins

The B vitamin group is made up of eight water-soluble vitamins that help regulate metabolism, prevent fatigue, and support mood and cognitive function. Older women, those with anemia, and vegans and vegetarians have the highest risk of deficiency.

Lower levels of B6, B12, and folate have also been observed in women taking oral contraceptives. Vitamin B9, commonly known as folate, is an essential nutrient for the development of a fetus's spinal cord and brain during pregnancy.

High amounts of B vitamins are found primarily in animal products, such as meat, eggs, fish, and dairy products. Folate specifically may be found in spinach and other leafy greens, beans, asparagus, and brussel sprouts.

Top B-complex supplements on Fullscript:

[Active B-Complex by Integrative Therapeutics](#)

[Methyl B Complex by Ortho Molecular Products](#)

Magnesium

Magnesium, one of the most ubiquitous minerals in the body, is involved in hundreds of different biochemical functions. Magnesium deficiency is also one of the more common nutrient deficiencies.

Signs of magnesium deficiency are widespread and include anxiety, muscle cramps or spasms, constipation, headaches, and insomnia. Magnesium deficiency may also cause PMS symptoms, and when taken with vitamin B6, may be effective in improving symptoms of PMS. Magnesium-rich foods include almonds, spinach, cashews, peanuts, and black beans. It's recommended that women between 19 and 30 consume 310 mg of magnesium daily and 320 mg daily after 30.

Top magnesium-containing supplements on Fullscript:

[Magnesium \(glycinate\) by Pure Encapsulations](#)

[Mag Glycinate by Metagenics](#)

Omega Fatty AcidsThe two primary omega, or essential, fatty acids are omega-3 and omega-6, each with unique purposes in the body. Omega fatty acids support cardiovascular, immune, and cognitive function.

Supplementing with omega-3 fatty acids has been shown to increase the growth of brain cells, improve mood, enhance memory, and boost blood flow as you age.

Dietary sources of omega fatty acids include fatty fish like salmon, mackerel and sardines, flax seeds, chia seeds, and walnuts for omega-3; and nuts, and seeds for omega-6. Since omega-3 and omega-6 fatty acids should be in relative balance, and due to modern diets being dominated by omega-6 containing foods like grains, it's typically recommended to consume an abundance of omega-3 containing foods or take an omega-3 supplement. The daily recommended amount that women should consume is 1100 mg of omega-3 fatty acids.

Top omega fatty acid supplements on Fullscript:

[ProOmega 2000 by Nordic Naturals](#)

[OmegaGenics® EPA-DHA 720 by Metagenics](#)

[Log in](#) to your Fullscript account now to explore these supplements! I hope you found this informative and helpful, and am wishing you a very happy and healthy Women's Health Month!

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