

WOMEN'S HEALTH



Over the course of a woman's life, nutritional needs change. During pregnancy, for example, a woman may require additional B vitamins and iron. However, after menopause, women typically require less iron and more calcium and vitamin D. Eating an abundance of nutrient-rich foods and introducing certain supplements when advised by a healthcare practitioner can help prevent deficiencies and support overall health. Here are some top recommended supplements for women's health.

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The following are some of the top ingredients recommended on Fullscript for supporting women's health.

Vitamin D3

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. Research has shown that we no longer get enough natural vitamin D from sunlight, so both men and women are at risk of deficiency. Vitamin D deficiency is prevalent, particularly among individuals who spend the majority of the day indoors and those who live in northern regions of the world. The Recommended Daily Allowance (RDA) of vitamin D for women between the ages of 19 and 70 is 600 IU. The RDA for women over the age of 70 increases to 800 IU.

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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 are at 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 or folic acid, 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 Brussels sprouts.

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Calcium

Calcium is involved in several body functions, including nerve signaling, muscle function, maintenance of blood pressure, bone formation and maintenance, and cardiovascular function. Calcium deficiency is unfortunately very common in women, particularly after menopause when estrogen levels decrease and bone loss increases. The RDA for women between the ages of 19 and 50 is 1000 mg and increases to 1200 mg after age 50.

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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 contribute to symptoms of premenstrual syndrome (PMS). When taken with vitamin B6, magnesium may be effective in improving PMS symptoms. Magnesium-rich foods include almonds, spinach, cashews, peanuts, and black beans. It's recommended that women between the ages of 19 and 30 consume 310 mg of magnesium daily and 320 mg daily after age 30.

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Iron

Iron is an essential mineral, necessary for the production of hemoglobin and oxygen transport within the body. Low iron levels and iron deficiency anemia are particularly common in female athletes, women with heavy menstruation, pregnant women, and women who do not consume animal products. The RDA for women under 50 is 18 mg per day. As women age, 8 mg per day is recommended due to the cessation of menstruation.

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Omega fatty acids

The two primary omega fatty acids are omega-3 and omega-6, which each have unique functions 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-3 fatty acids include fatty fish (e.g., salmon, mackerel, sardines), flax seeds, chia seeds, and walnuts. Omega-6 fatty acids can be found in whole grains, nuts, and seeds. Modern diets are now typically dominated by omega-6-rich foods such as grains, however, omega-3 and omega-6 fatty acids should be in relative balance. As a result, it's typically recommended to consume an abundance of omega-3 containing foods or take an omega-3 supplement. The recommended intake of omega-3 fatty acids for women is 1100 mg per day.

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