

FEEL BETTER



NATURALLY

SUPPLEMENT GUIDE



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Before starting any supplement regimen, it's important to consult with a healthcare provider to ensure safety and appropriateness based on individual health needs and conditions. Supplements can interact with medications and may not be suitable for everyone.

VITAMIN D

Bone health, immune function, and mood regulation. It helps with calcium absorption and is crucial for overall health as we age.

MAGNESIUM

Reducing symptoms of menopause like mood swings and sleep disturbances. It also supports bone health and cardiovascular function.

OMEGA-3 FATTY ACIDS

Heart health, reducing inflammation, and alleviating mood swings. Omega-3s may also help with hot flashes.

BLACK COHOSH

Reducing hot flashes and night sweats. It's a popular herbal remedy for menopausal symptoms.

RED CLOVER

Managing hot flashes and improving overall menopausal symptoms due to its phytoestrogen content.



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