



## **ESSENTIAL DAILY SUPPLEMENTS FOR WOMEN'S HEALTH**

We spend our childhoods being told what not to do. Don't get your clothes dirty. Don't talk back. Don't rally the entire 5th grade to sign a petition to make "Mambo No. 5" the school's anthem (I was a weird kid.) Unfortunately, we never escape the sentiment of those years. As adults navigating our wellbeing, the authorities in the health industry continue to tell us what not to do. But they never seem to offer any advice as to what we should do.

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It's especially worse for women. Much of the discourse around health revolves around an avoidance and fear mindset. Don't eat carbs after 8:00pm. Don't use seed oils. Don't raise glucose levels. But that ideology isn't productive or empowering. We shouldn't be hyper-focused on what to avoid, but rather think about what is good for us and how we can get it. Here we'll talk about a few supplements that women in particular can benefit from taking.

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Iron is a vital supplement for women, addressing the prevalent issue of low iron and ferritin levels. Given the demands of menstruation, pregnancy, or breastfeeding, women can be especially susceptible to iron depletion, which can manifest as fatigue and anemia. Opting for iron supplements that are gentle on the stomach and readily absorbed can help replenish iron stores and restore energy levels. If you're excessively tired despite slamming 3 iced caramel macchiatos by noon, you might benefit from getting some bloodwork done and seeing how your iron levels look.

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Omega-3 fatty acids are another driver of good health that is often overlooked. It offers multifaceted benefits for both body and mind, making it one of the few supplements I think are truly necessary. These essential fats support brain function, heart health, and inflammation management. Research suggests that omega-3 supplementation may alleviate PMS symptoms, promote mood balance, and mitigate the risk of cardiovascular disease, making it a valuable addition to women's daily regimen.

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But in the end, your health isn't made up of the few supplements you take or don't take. While iron and Omega-3's provide plenty of support for women, what's more important than a trip to GNC is adopting a mindset that prioritizes nutrient accumulation opposed to food avoidance. You don't hide your way to good health. Running away from potato chips isn't the answer. Instead, focus on all the things that are good for you and make them a bigger part of your life.

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