Must Have Supplements For Women’s Health & Vitality 6



Every woman yearns for a youthful look and strives to slow down the ageing process. No wonder there is a whole world of anti-ageing creams available in the market. However, it is important to understand that it is not enough to use the best of sunscreens, anti-wrinkle creams and cosmetics to look young. It is equally (or even more) important to be healthy and youthful on the inside too. To achieve this, women need to consider including these nine super nutrients in their daily routine. These supplements can help achieve optimum health and vitality. Calcium is a key mineral found in our bones and teeth. There is about one percent of calcium circulating in the blood that is essential for supporting muscles, heart, blood clotting and normal cell function. Magnesium is the fourth most abundant mineral in our body and plays an important role in the body and brain health. Vitamin B complex deficiencies can have adverse effects on your physical and mental health. In the modern times, demands of the daily life can be quite stressful, so a woman’s need for important vitamins increases. It is believed that over two third of women are deficient in Vitamin D. Our body produces Vitamin D upon exposure to sun, but due the amount of time spent indoors and the use of sunscreens, the body fails to absorb the benefits of sunlight.

Folate is one of the B vitamins, which participates in several key processes. It is needed for the formation of white blood cells and red blood cells, the conversion of carbohydrates into energy and production of RNA and DNA. When someone tells you that you should eat yogurt regularly, you should listen. The probiotics found in yogurt are really an important part of a woman’s health.

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