

TOP DAILY SUPPLEMENTS FOR WOMEN



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DO YOU NEED TO TAKE VITAMINS?

We should be able to get all of our nutrients from the foods that we eat, and not need to take additional supplementation. However, it is unfortunate that most people don't eat enough of an adequate nutrient dense diet. In addition, the food that we eat is usually farmed in nutrient depleted soil so we are not getting the highest quality vitamins and minerals we need from just food alone. This is why it is important to take additional vitamins and minerals in the form of vitamins and supplements. Studies have shown that most Americans do not get enough of a variety of colors of fruits and vegetables and therefore don't get enough phytonutrients and antioxidants they need to support detoxification and prevent inflammation and disease.

WHAT BRAND SHOULD YOU CHOOSE?

There are so many vitamin brands that standing in the vitamin aisle at any store can be overwhelming and confusing. Unfortunately, there are no real regulations and guidelines to say which products are better than another. This is why it is extremely important to buy supplements from a reputable company. The company should have quality controls in place to test effectiveness, base their formulations on scientific research and work with independent labs to make sure their products actually have what the label claims and contain no contaminants.

WHERE SHOULD YOU BUY YOUR VITAMINS AND SUPPLEMENTS?

While you can get supplements at any pharmacy, you can often find better quality, food-based supplements at higher end natural foods stores and health food stores.

An integrative or functional nutritionist can also help you to identify your specific needs before you head to the store for supplements. Proceed with caution if you are buying your supplements online and not from the actual distributor of the product. There are no quality controls on those types of sites and you can be getting products that are expired or have been tampered with.

** IF YOU WOULD LIKE TO BUY HIGH-QUALITY
VITAMINS PLEASE REGISTER AT MY ONLINE
DISPENSARY. QUALITY IS ALWAYS GUARANTEED. **

<https://www.healthwavehq.com/welcome/ssarabella>

MULTI-VITAMIN / MULTI-MINERAL

A good quality multivitamin/multimineral is important for overall health support and protection. And should include the following:

(You can look on the label for the amount of each vitamin in mineral in each pill)

-High potency B vitamins that include: B6, B2, B1, Riboflavin, Niacin, Thiamin, B5 (pantothenic acid), Biotin and Folate. Vitamin E mixed tocopherol (mainly gamma), Magnesium (100-300 mg) of magnesium glycinate. Calcium (best form is calcium citrate). Look for a 2:1 ratio of calcium to magnesium (i.e. if you take 100mg magnesium, you want 200 mg calcium).

OMEGA 3 / FISH OIL

Omega-3 fats are important for reducing inflammation, heart health, mood, mind, hair, and maintaining a healthy weight. Our body can not make Omega 3's so it is important to incorporate a supplement into your diet.

Choose based on the following:

-1-3 grams of TOTAL Omega-3s daily -500-600mg EPA-250-400 mg DHA

**this should be per serving & it is important to look at the serving size. Ideally, these amounts should be in 1-3 capsules.

VITAMIN D 3

Vitamin D is a very important vitamin. You need this vitamin to absorb calcium for bone health and for many other important body functions. Vitamin D deficiency has been linked to cancers, heart disease, depression, and weight gain among many other things.

Functional ranges for Vitamin D should be 50-80 ng. Many of us are deficient in this vitamin especially since we have long cold winters. Depending on your blood levels you should supplement accordingly.

-Test for this with your doctor- (serum 25 hydroxy test)-Optimal ranges should be 50-80 ng/ml-If your levels are in the optimal range, suggested dose is 2000-5000 IU daily (in addition to sun exposure)-If you are deficient in Vitamin D then you should take 5000-10,000 IU daily (in addition to sun exposure)-Take Vitamin D with Vitamin K to aid absorption.

PROBIOTIC

Probiotics are a supplemental form of beneficial bacteria that can be used to bolster the microbiome, balance immunity and can be used for specific conditions.

Probiotics can help regulate bowel function and aid in the digestion of proteins and amino acids.

What to look for?

-Has Lactobacillus and Bifidobacteria strains in it.

-Have 20 billion CFUs (Colony Forming Units)

MAGNESIUM

Magnesium is important for bone health, balancing your mood, help with sugar cravings, aids in constipation and gives you a restful night's sleep.

Check for the amount in your multivitamin, your daily dose should be around 600mg.

Hi, I'm Sabrina! More than 10 years ago, I began suffering from brain fog, a sluggish thyroid, and exhaustion among other health concerns. I went from doctor to doctor trying to figure out what was wrong. I spent a lot of time and money looking for someone to really listen to me and not just put me into a one size fits all program. Through that process, I learned about multiple ways to improve my health. Now I am on a mission to help women and teach them what I wish I'd known years ago.



I have my Master’s in Science in clinical nutrition in addition to being a personal trainer, yoga, pilates, and cycling instructor. I am the author of the Woman’s Guide to Empowered Health. I want to help you live a happier, healthier life.

As a clinical nutritionist I will customize a program designed specifically for you, specializing in:

- * Weight/Fat Loss
- * Weight Loss Resistance/Metabolic Damage
- * Hormonal Balancing
- * Digestion
- * Brain Chemistry Balancing
- * Fertility and Infertility
- * Pre/Postnatal
- * Food Sensitivities
- * Auto-immune issues
- * Metabolic Damage/Rehab
- * Disordered Eating
- * Blood Test Analysis
- * Hormonal Saliva Testing



If you want to order professional-grade supplements and the best natural body care products, sign up for my online dispensary here:

<https://www.healthwavehq.com/welcome/ssarabella>

As a small token of my appreciation, you get discounted prices and free shipping over \$50.

P.S. I want to offer you a FREE 15 min call with me to discuss your health symptoms such as fatigue, depression, anxiety, weight problems and hormone imbalance and your possible options for getting to the root cause(s) and resolving them.

Set up a FREE call by emailing me at info@SabrinaSarabella.com

