



# Double TAKES

BETTER LIVING THROUGH HEALTHY ADVICE

There is no substitute for a doctor's care and prescribed medicines, but vitamins, minerals, herbals and other women's health supplements can be helpful in many women's health issues.

## Multi-Vitamins

A good multi-vitamin should contain just the right balance of vitamins, minerals, amino acids, herbal extracts, antioxidants, bioflavonoids, enzymes and neuronutrients. Look for a multi-vitamin that is made "just for women." These specialized formulas are not the same as you would find in a man's formula.

## What vitamins should you look for?

**Vitamin A** – For smooth skin, good eyesight and healthy cell membranes.

**Vitamin B Complex** – To support heart health, as well as skin and hair.

**Vitamin C** – (with bioflavonoids) Famous as anti-oxidants and for the promotion of collagen for healthy skin.

**Vitamin D** – Important to bones and joints and may help slow the development of osteoarthritis.

**Vitamin E** – Offers support for heart function, cells, nerves, muscles, joints, skin and hair.

**Vitamin K** – Important for bone health and aids in blood clotting. (anyone taking an anti-coagulant medication, such as Coumadin, should consult their physician.)

## Why minerals?

**Calcium** – Builds and maintains bone strength.

**Magnesium** – Combats stress, assists in bone growth and helps to regulate body temperature.

**Phosphorus** – Assists in the use of carbohydrates, fats, proteins for energy. Stimulates heart and muscle contraction and prevents tooth decay.

**Potassium** – Aids in the conversion of glucose to glycogen, nourishes muscles, aids the kidneys.

**Sodium** – Helps retain fluids that counteract dehydration.

**Iron** – Helps form hemoglobin which carries oxygen to the body tissues.

**Zinc** – Aids in healing, boosts the immune system and protects against pollution.

## Amino acids

Amino acids are often referred to as building blocks. There are 22 amino acids that produce every single essential protein for the equilibrium of the human body.

## Beneficial herbs

There are certain plants that are helpful in balancing female hormones, both pre-menopausal and post-menopausal. They include sage, black cohosh and wild yam.

## Food for thought...

Finally, look for neuronutrients in your multi-vitamin. They help with cognitive function and brain power!



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