



Minerals 101: Balancing Wellness for Menstrual & Menopause Health

Minerals come from water, rock, and soil. The minerals come to humans through our intake of animal and plant products.

Common Minerals

Calcium
Iodine
Iron
Magnesium
Manganese
Potassium
Phosphorus
Selenium
Zinc

Foods are the best way to get your minerals, but if you need help with your mineral intake, supplements may be considered.

What does Mineral Support do for Menstrual & Menopause Health?

Bone Health

Hormone Balance

Muscle Function

Fluid and Electrolyte Balance

Energy Production

What Minerals Do I Need?

Menopause

Focus on calcium, magnesium, and vitamin D for bone health, along with zinc and selenium for hormone balance.

Menstrual

Pay attention to iron and magnesium, as these are crucial for energy production and prevents cramps.

Check Recommended Dietary Allowance

Calcium: 1,000-12,00 mg/day

Magnesium: 310-310 mg/day

Potassium: 2,600 mg/day

Zinc: 8 mg/day

Selenium: 55 mcg/day

Iron: 18 mg/day (pre-menopausal); 8 mg/day (post-menopausal)

Standard Diet

Calcium: Dairy, leafy greens, broccoli, almonds

Iron: Red meat, poultry, beans, lentils, spinach

Magnesium: Spinach, almonds, black beans, whole grains

Potassium: Bananas, sweet potatoes, avocados, tomatoes

Zinc: Meat, shellfish, chickpeas, pumpkin seeds.

Selenium: Brazil nuts, tuna, eggs, whole grains.

Plant Based

Calcium: Fortified plant milk, tofu, kale, almonds

Iron: Lentils, chickpeas, spinach, quinoa

Magnesium: Nuts, seeds, spinach, black beans

Potassium: Bananas, sweet potatoes, avocados, tomato juice

Zinc: Legumes, seeds, nuts, quinoa

Selenium: Brazil nuts, sunflower seeds, mushrooms

How Do I Increase Safely?

Add 1-2 mineral-rich foods each week to meet needs.

Gradually incorporate a wider variety of vegetables, legumes, nuts, and seeds to boost overall mineral intake.

Consider a mineral supplement (like magnesium or calcium) if dietary sources aren't enough, but consult with a healthcare professional for guidance.

Disclaimer

This information serves educational purposes only and should not replace professional medical advice. Always consult a healthcare provider before adjusting your diet or starting new supplements, especially if you have pre-existing health conditions or are on medication.