



Vitamins 101: Supporting Vitality Through Menstrual & Menopause Health

Our bodies are unable to make all the micronutrients that is required. If you eat a balanced diet, you will usually obtain what you need. Note: if you do not eat animal products, you will need to make sure you get the vitamins you need!

Water Soluble

We lose water soluble vitamins through cooking and body fluids. These need to be replaced every day.

Vitamin B

(there are many "b" vitamins)

Vitamin C

Fat Soluble

These vitamins accumulate in our bodies, so they are not needed on a daily basis.

Vitamins A & E

Vitamin D

Vitamin K

Calculate Your Vitamin Intake

Use the Recommended Dietary Allowance (RDA) guidelines as a baseline. *The RDA varies by vitamin.*

B-Vitamins: Varies by type *Vitamin K: 90 mcg/day.*
Vitamin A: 700 mcg/day *Vitamin C: 75 mg/day*
Vitamin D: 600-800 IU/day *Vitamin E: 15 mg/day*

Standard Diet

Vitamin A: Carrots, sweet potatoes, spinach, red peppers

Vitamin C: Citrus fruits, bell peppers, broccoli

Vitamin D: Fatty Fish (salmon, mackerel), egg yolks, fortified milk

B-Vitamins: Whole grains, meat, dairy eggs, leafy greens

Vitamin K: Kale, spinach, broccoli, brussels sprouts

Plant Based

Vitamin A: Carrots, sweet potatoes, kale, apricots

Vitamin C: Berries, oranges, kiwi, bell peppers

Vitamin D: Fortified plant milks and orange juice, mushrooms exposed to sunlight

B-Vitamins: Whole grains, nutritional yeast, legumes, nuts, seeds

Vitamin K: Spinach, broccoli, kale, collard greens

What Do Vitamins Support in the Body?

Energy Production

Hormone Balance

Bone Health

Immune Support

Mood Regulation

What Carbs Do I Need?

Menopause

During Menopause, ensure adequate intake of **B-vitamins**, **vitamin D**, and **magnesium**. Also, consider increasing **vitamin D** to maintain bone health and support hormone balance.

Menstrual

For menstrual support, ensure adequate intake of **B-vitamins**, **vitamin D** and **magnesium**.

How Do I Increase Safely?

Add 1-2 new servings of vitamin-rich foods per each week to meet your daily needs. Gradually incorporate a wider variety of fruits, vegetables, and fortified foods.

Consider a **daily multivitamin** if dietary sources are not sufficient, 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.