

General Health for Women and Girls

Vitamins and minerals are essential for the health and well-being of our entire body. A deficiency of these nutrients can lead to serious health concerns. Studies show that a high percentage of adults and children in the United States and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients.

In 2002, *JAMA (Journal of the American Medical Association)*, one of the most highly respected medical doctor journals in the world, said “it appears prudent for all adults to take vitamin supplements.” As we get older, our need for nutrients increases, making vitamin supplementation even more important.

Self Care

- [How healthy is your diet?](#)
- [Life stress questionnaire](#)
- [Exercise Options.pdf](#)
- [Stress Management](#)

Vitamins

- [Calsorb](#)– a calcium citrate supplement specially designed for optimum bone health.
- [Vitamin D3](#) – 2,000 IU daily to be taken with your calcium supplement for bone health and muscle strength. It’s estimated that around 80% of Americans are Vitamin D deficient. Vitamin D is instrumental in heart, bone, muscle, and immune health as well as cancer prevention. Ask your health care provider for a Vitamin D 25 test to assess your levels.
- [B vitamin complex](#)– energy and immune booster; use this liquid form for full absorption.

Supplements

- [DIM](#) – Diindolymethane is a plant compound with health-promoting properties, found naturally in cabbage, broccoli, Brussels sprouts and cauliflower. This supplement promotes a beneficial shift in the balance of the sex hormones estrogen and testosterone so both are more readily absorbed.
- [Adrenal Power Powder](#) – at times of high stress, replacing lost minerals and vitamins can help the adrenal glands produce fewer stress hormones. This refresher helps to support natural adrenal function in exhausted states. Add this powder to your smoothie or juice.
- [Rejveinate Vein Support Formula](#) – For vein health in legs and lower extremities.
- [Ultramultilogics for Women -](#) comprehensive multivitamin, mineral & herb supplements optimized for women.

- [Multilogics Children's Animal Chews w/calcium](#)– A berry flavor multivitamin specialty formulated for young developing bodies. Includes calcium to promote healthy teeth and bones plus the essential vitamins A, B, C, and more for yummy daily nutritional support.
- [EPA/DHA 950 mg](#)–promotes cardiovascular and neurological health.