

TOP 6 SUPPLEMENTS FOR WOMEN

Vitamin/Mineral	Conditions It Supports	Deficiency Symptoms
Vitamin A	Healthy vision, skin, and immune function; fetal development	Dry eyes, night blindness, dry skin, hair loss, increased infections
B Vitamins (B6, B12, Folate)	Energy levels, metabolism, red blood cell production, fetal development	Fatigue, weakness, anemia, mood changes, nerve problems
Vitamin C	Wound healing, immune system function, healthy skin and blood vessels	Fatigue, weakness, easy bruising, bleeding gums, poor wound healing
Vitamin D	Strong bones, calcium absorption, immune system function	Bone pain, weakness, increased risk of fractures, muscle weakness
Iron	Healthy red blood cell production, oxygen delivery to cells	Fatigue, weakness, shortness of breath, pale skin, dizziness
Calcium	Strong bones and teeth, muscle function, nerve signaling	Bone pain, weakness, muscle cramps, osteoporosis

VITAMIN A

CHEAT SHEET

FUNCTION

- Supports vision (prevents night blindness)
- Boosts immune system function
- Promotes healthy reproduction
- Crucial for fetal development (during pregnancy)
- Supports healthy skin and hair

FOOD SOURCES

- carrots
- sweet potatoes
- winter squash
- cantaloupe
- apricots
- liver
- leafy greens
- broccoli
- eggs
- milk, cheese
- fortified breakfast cereals



DEFICIENCY SYMPTOMS

- Night blindness (difficulty seeing in low light)
- Dry eyes
- Increased respiratory infections
- Dry, itchy skin or hair loss
- Delayed wound healing



VITAMIN A-RICH DIET

- Eat colorful fruits and vegetables
- Choose orange and yellow vegetables like carrots and sweet potatoes.
- Eat dark leafy greens like kale and spinach.
- Use healthy fats (olive oil, avocado)

