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10 Most Important Vitamins For Women Over 40

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Do you feel tired all the time? Are those lines and wrinkles more prominent than before? Do you feel pain in the joints? If you answered with a 'yes' to any of the questions, you might want to think about including some vitamin supplements in your diet.

Everyone deserves strong bones, healthy skin, and restful sleep. So, you need to take care of yourself. It's not uncommon for some women to experience a loss of libido, slow metabolism and lethargy as they reach their 40th birthday. Aging is inevitable, and like life's other cruel truth, it isn't pretty.

So, how to stay young and fit as long as possible? Well, start exercising for one, or you could consider adding these vitamin supplements to your diet.

Let's take a look at some of the much essential vitamins which can keep your energy levels soaring even as you age!

1. Strontium:

Women over 40 with a family history that includes osteoporosis, or risk factors associated with bone loss should take 340 mg of this mineral supplement daily. "Strontium has been shown to be

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almost twice as effective as osteoporosis medications in improving bone density — without the side effects,” says Fibromyalgia and Fatigue Center Director, Dr. Jacob Teitelbaum. Studies conducted by the New England Journal of Medicine have observed that women who had strontium supplements experienced an increase in bone mineral density in the lumbar spine by around 15 percent during a three-year period.

2. Ribose:

Ribose is usually left out of the mainstream vitamin supplement industry. It is the dark horse among nutrients. It has been known to enhance energy levels by close to 60% in three weeks. Dr. Teitelbaum’s research in the Journal of Alternative and Complimentary Medicine observed that close to 70% of the subjects who ingested ribose supplements exhibited mental clarity, restful sleep, less pain and more energy. Scientists have also discovered that ribose stabilizes diastolic blood pressure in patients with a family history of heart disease and arteriosclerosis.

1. Face Cleansing Routines	➤	6. Solution for Hair Loss	➤
2. Dark Circle Treatment	➤	7. Increase Hair Growth	➤
3. Best Wrinkle Remover	➤	8. Anti-Aging Skin Care	➤
4. Easy Weight Loss	➤	9. Acne Home Remedies	➤
5. Weight Loss Foods	➤	10. Top 10 Shampoos	➤



3. Vitamin D3:

Vitamin D3 has many benefits. A disturbing trend is that even in countries with a good amount of sunshine, people suffer from Vitamin D deficiency. According to BodyLogicMD medical director Dr. Keith Wharton “Research has shown that adequate levels of vitamin D3 can help maintain a healthy weight, reduce risk of osteoporosis and even ward off depression.” He also notes that Vitamin D deficiency can cause pain in various parts of the body. SAD (seasonal affective disorder) is a disorder that is characterized by low Vitamin D serum levels.

4. Folate:

Folate is one of the most important B vitamins. It has been mooted as a great cure for depression as mentioned in the Journal of Psychiatry and Neuroscience. The same research paper also states that birth complications prevalent in expectant post-40 mothers can be curbed by restoring the folate levels. According to Dr. Wharton from above, “Sufficient levels of folate have been linked to a reduced risk of cognitive decline associated with aging, including dementia and Alzheimer’s.”

5. Calcium:

Popularized by various TV commercials as the go-to supplement for women above 40, calcium is one of the most important minerals. Taken along with vitamin D, its absorption increases. Just remember not to take your calcium supplements with iron or caffeine, as they are known to hinder absorption of calcium, relegating it to the gut. Although there are many calcium supplements available, you could consider leafy-green vegetables as a natural alternative.

6. Hydrochloric Acid:

Hydrochloric acid and pepsin are the two chief digestive juices in the stomach. As you age, HCL (hydrochloric acid) levels begin to diminish. This causes indigestion and bloating. Thus, the best way to combat this condition is to take HCL supplements. HCL has even been mooted to promote healthy-looking skin. Low HCL levels result in poor absorption of B vitamins. The study concludes that "In skin diseases associated with B complex deficiency, there is also a deficiency of hydrochloric acid."

7. Probiotics:

A study in the Postgraduate Medical Journal (PMJ) concluded that around a billion women suffer from urogenital infections like urinary tract infections (UTIs). Although probiotics have been found to restore the healthy bacteria in the digestive tract, their use in the prevention of UTIs is inconclusive. PMJ concluded that excess of antibiotics is why infections increase. A study observed that women with no UTIs had considerable levels of one form of probiotics: lactobacilli.

8. Fish Oil:

Fish oil supplements help provide the right amount of essential omega-3 fatty acids, EPA and DHA. Fish oil supplements usually boost brain activity and cardiovascular strength.

9. Resveratrol:

Resveratrol is a polyphenol, which has strong antioxidant properties. Resveratrol is considered an effective protector against cellular damage; it inhibits carcinogens and helps lower cholesterol.

10. Flaxseed:

Flaxseed is a laxative, which also helps reduce blood cholesterol levels. It has been claimed to boost immunity and has been rumored to prevent cancers like breast cancer. The supplement primarily contains omega-3 essential fatty acids that promote brain and heart health. Its oil is usually present in soft-gel capsules.

Though aging is inevitable, it certainly can be slowed down. And these vitamins play a major role in the process! We hope this article has helped you understand what vitamin supplements you should consider post menopause. Do let us know of any suggestions. Please leave a comment below!