

WOMEN'S HEALTH AWARENESS



7 NUTRIENTS women need most

Eating a balanced diet full of the right vitamins and nutrients is a key part of our overall health, wellness and performance. Foods rich in proper vitamins are not only good for you, but they can also make you look, feel, and perform better.

Vitamin B6

Vitamin B6 regulates mood, appetite, and sleep. It also helps with red blood cell formation, so it is essential for those with anaemia. Foods rich in vitamin B6 include meats, fruits, vegetables, fish, and nuts.

Vitamin D3

Strengthens bones, teeth, and muscles, it protects against autoimmune diseases and breast and ovarian cancer. Great sources of Vitamin D3 include fatty fish, cheese, beef liver and egg yolks.

Iron

You need to be sure you're getting enough iron as it assists with proper brain function, boosts energy levels, and it prevents anaemia. Chief iron sources are meat, poultry, beans, eggs, raisins, and green vegetables such as spinach.



Omega-3 fatty acids

These acids act like natural anti-inflammatory substances in the body and are important in helping to keep your heart healthy. Fatty fish, like salmon and tuna, as well as avocados and nuts are great sources of omega-3.

Folic acid

Expectant mothers and women trying to fall pregnant need more folic acid. It can be found in orange juice, beans, and green vegetables.



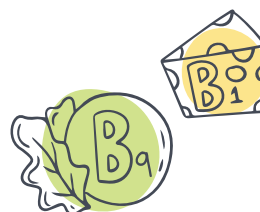
Calcium

Calcium reduces pre-menstrual symptoms (PMS) and it maintains blood pressure. It can be found in dairy products, soybeans, and dark green leafy vegetables.



Vitamin B12

Fights fatigue and improves alertness. Sources of Vitamin B12 include poultry, meat, fish, and dairy products.



**PLATINUM
HEALTH**