

When do I take my supplements?



Once you know which ones to take then knowing when its best to take them can be tricky, especially as the average perimenopausal woman can suddenly find herself taking up to 8-10 a day!

Here are some tips for taking supplements:

1. Always take with food unless it says otherwise. This is the best way to get optimum nutrient absorption as they are digested and utilised
2. You can split them over the day, they don't have to be taken in the morning, some people find them better at lunchtime
3. Magnesium and Ashwaganda can be taken in the evening as they help you sleep
4. Multivitamins, and additional vitamins like C and D you can take earlier so you benefit during the day from the energy that they give you
5. Oils like fishy ones may make you queasy so take in the middle of a meal. This goes for magnesium too until you're sure it doesn't give you a runny tummy. Switch to a vegan omega 3 oil (made from algae) and it's a purer source.
6. A probiotic is usually taken first thing in the day on an empty stomach, without a hot drink (Which can kill the bacteria) Here's the best one for a Perimenopausal Woman, and you get 10% off with this discount code: MBZCM10: microbz.co.uk/product/bio-live-women/
7. Supplements in oils are the best ones for absorption. Then one's in capsules. Chalky white ones that have the first ingredient of Calcium carbonate are ones that have been bulked out, they are usually larger and have no additional benefit
8. Take them for a minimum of 3 months, but it can be 6 months to 2 years depending on your severity of symptoms (specifically Adrenal Fatigue). This is just an estimate, everyone is individual
9. If you'd like help getting started, scroll down this page for my starter guide: cotswoldmenopause.co.uk/shopmenopausesupplements
10. Source companies that have a good ethic behind their supplements , for example Cytoplan:

cytoplan.co.uk/?AFKey=CYT122819

