

Nutrients Women Need Most

VITAMIN B6

Regulates mood, appetite and sleep

VITAMIN B12

Fights fatigue + improves alertness

FOLATE

Prevents brain and spinal defects in early weeks of pregnancy + lowers risk of colon and breast cancer

VITAMIN D3

Strengthens bones, teeth, muscles + protects against autoimmune diseases + breast and ovarian cancer

CALCIUM

Reduces PMS system + maintains blood pressure

IRON

Proper brain function + boosts energy levels + prevents anemia

Tips

AUGUST