

Disclosure: There are affiliate links below and I may receive commissions for purchases made through links in this post, but these are all products I highly recommend. I won't put anything on this page that I haven't verified and/or personally used. Both Klean Athlete and Thorne supplements received a NSF International seal of approval.

Name and Daily Needs	Benefits	Food Sources
Calcium 1200 to 1500 mg/day Cal-Mag Citrate + Vitamin C* Calcium D-Glucarate DiCalcium Malate	Maintain strong bones and prevent osteoporosis	Dairy products like yogurt, milk, and cheese, Green, leafy vegetables such as kale, collard greens, and spinach have lots of calcium too. It's also plentiful in tofu, beans, sardines, whey protein, beans and lentils, tofu, figs and other foods. Calcium-fortified foods are also good sources, including certain cereals, fruit juice, or milk alternatives.
Vitamin D Minimum 600 IU - 2000 IU is generally safe Vitamin D Liquid Vitamin D 1000	Combats heart disease, osteoporosis, hypertension, weight gain, diabetes, depression, & some types of cancer. (Important for calcium absorption)	Oily fish, eggs, cod liver oil, and foods fortified with vitamin D. Sunlight is your main source of vitamin D.
Vitamin B-6 1.3 mg for adult to 50, over 50 is 1.5 mg/day B Complex	Vitamin B-6 is a neurotransmitter that has a positive effect on mood swings, fatigue, and depression.	Poultry, fish, potatoes, chickpeas, bananas and fortified cereals.
Vitamin B-12 2.4 mg/day B Complex	Promotes bone health, red blood cell production, and brain function. B12 deficiencies lead to anemia, fatigue, numbness or tingling sensations in your hands and feet, depression, & even dementia. Supplementation may be especially important for vegetarians & vegans and those who have a condition that affects nutrient absorption. [Taking vitamin B-12 with vitamin C might reduce the available amount of vitamin B-12 in your body. To avoid this interaction, take vitamin	Poultry, meat, fish and dairy products. Vitamin B-12 is also added to some foods, such as fortified breakfast cereals.

	C two or more hours after taking a vitamin B-12 supplement.]	
Omega-3 fatty acids/Fish oil (1100 mg) DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) Omega Plus Liquid Omega Superb	Decreases your risk of depression, osteoporosis, heart disease, hot flashes, and other menopause-related symptoms. The body doesn't produce fatty acids .	Oily fish like salmon, sardines, trout, herring, and oysters
Magnesium (310-320 mg) Magnesium Bisglycinate Cal-Mag Citrate +Vit Magnesium CitraMate	Building proteins and strong bones, and regulating blood sugar, blood pressure, and muscle and nerve functions, acts as an electrical conductor that contracts muscles and makes the heart beat steadily.	Legumes, dark green leafy vegetables, nuts, seeds, whole grains, and fortified cereals. It is also in fish, poultry, and beef. Almonds, peanuts, cashews, Pumpkin seeds, Peanut butter, Beans (black, kidney), Soybeans, soymilk, Cooked spinach, Swiss chard, White potato with skin, Brown rice, Oatmeal (instant, whole oats), Salmon, Beef, Poultry, Banana, Raisins, Dark chocolate (at least 70%), Milk, yogurt
Multivitamin Basic Nutrients	Vitamins and minerals play vital roles in maintaining health and are essential for proper metabolism of fats, proteins, and carbs to provide fuel for life.	
Probiotics The gut, "the second brain" (five billion to 20 billion colony-forming units CFU per day); the most common probiotic groups are <i>Lactobacillus</i> and <i>Bifidobacterium</i> FloraMend Prime FloraPro-LP	A healthy gut microbiome is the foundation for overall health. Research shows that a healthy gut supports digestion, immunity, healthier skin, & even a lower risk for certain chronic diseases. Managing our microbiome takes on added importance during the menopause process & beyond. Probiotics are foods or supplements that contain live microorganisms intended to maintain or improve the "good"	Fermented foods in the diet, such as kimchi, yogurts, kefir (dairy and non-dairy), tempeh, sourdough, kombucha, miso, pickled veggies, and sauerkraut. **Some side effects may include bloating and gas, allergy symptoms, allergic reactions, and small intestine bacterial overgrowth (SIBO).

	<p>bacteria (normal microflora) in the body. Probiotics are known to affect many physiological functions and outcomes. Gut microbiome is closely related to bone health, improve bone status in postmenopausal women. Reduce systemic inflammation, protects against obesity & other diseases, aides in weight loss. Promotes proper immune system function. Can mitigate vasomotor symptoms, improves vaginal health. Boost mood and sense of well-being. Can improve IBS and decrease bloating.</p>	
<p>Prebiotics (3-5 grams)</p> <p>Fiber Mend</p>	<p>Helps to feed and support bacteria in the gut. Prebiotics are foods (typically high-fiber foods) that act as food for human microflora. Prebiotics are used with the intention of improving the balance of these microorganisms. Think about probiotics as adding soldiers to your army and prebiotics give the soldiers the support they need. Indigestible carbohydrates that our friendly strains of gut bacteria use as a food sources:</p>	<p>Bananas, Onions, Garlic, Berries, Legumes/Lentils, Beans, Peas, Oats, Jerusalem artichokes, Asparagus, Dandelion greens, Leeks, Apple skin, Chicory root, Dandelion leaves</p>
<p>Green Tea Extract (400 mg) 1-2x/day</p> <p>Green Tea Phytosome</p>	<p>To stimulate the metabolism during weight loss phases.</p>	<p>Supplement - ensure the green tea extract is high in EGCG, the most active ingredient.</p>
<p>Melatonin Start with 1 mg taken 30 min - 1 hour before bed, then increasing that amount by 1 mg (not to exceed 10 mg) every week until you've reduced the amount of time it takes you to fall asleep</p> <p>Melatonin -3</p>	<p>Can assist in falling and staying asleep, is a powerful antioxidant, reducing inflammation and fighting free radicals, and a tool in support of good brain health.</p>	<p>Supplement</p>

Melatonin 5 mg		
<p>Protein Powder To determine your daily protein intake, you can multiply your weight in pounds by 0.36.</p> <p>Whey Protein Isolate Chocolate</p> <p>Whey Protein Isolate Vanilla</p> <p>VeganPro Complex</p> <p>Recovery Pro</p>	Easily helps to hit your daily protein target.	<p>Whey protein A fast-absorbing milk-based protein that boosts muscle growth and recovery</p> <p>Casein protein A protein found in milk that gradually builds muscle mass and aids fat loss</p> <p>Egg protein A protein made from egg whites that provides all nine essential amino acids</p> <p>Pea protein A high fiber protein made from yellow split peas that promotes fullness</p> <p>Hemp protein A plant-based protein rich in healthy fats and several amino acids</p> <p>Brown rice protein A protein made from brown rice that benefits body composition</p> <p>Mixed plant proteins Plant-based proteins blended to increase positive effects on muscle health</p>
<p>Collagen</p> <p>Collagen Plus</p>	Healthier hair, skin, preserving bone and increasing muscle mass.	Supplement
<p>Pre-Workout</p> <p>Klean Pre-Workout</p>	You take the supplement before your exercise. Its purpose is to help you recover and ease the fatigue of an intense workout.	Supplement

***Always consult with your Dr. Your doctor might recommend changing drugs or timing doses to offset any potential interactions. Supplements should not be used to replace a healthy diet.