



Supplemental nutrients for a *Healthy Menstrual Cycle*

Vitamin C

Functions as an antioxidant and improves iron absorption from food or other supplements. A sufficient intake of vitamin C and iron can prevent iron deficiency among menstruating women.

Vitamin B6

It helps improve mood during the premenstrual period since it aids in the production of serotonin.

Vitamin D

Vitamin D deficiency has been associated with fertility issues and irregular menstrual cycles.

Magnesium

It reduces cramps, PMS symptoms, and migraines associated with the menstrual cycle.

Probiotics

A healthy gut microbiome helps remove excess estrogen from the body, which facilitates a healthy menstrual cycle.