



# Whole- Supplement Guide for Women

A short cheat sheet for  
some of the best whole-  
food supplements for  
women.

This is not medical advice, please consult a  
health professional before taking  
supplements.

# MINERALS

## What You Should Know



### Magnesium

MAGNESIUM THE NUMBER 1 MINERAL DEFICIENCY FOR WOMENS HORMONE HEALTH. MAGNESIUM HELPS IN THE PRODUCTION AND ELIMINATION OF ALL HORMONES AND IS AN EVIDENCE BASED APPROACH TO MINIMISING SYMPTOMS OF PMS INCLUDING HEADACHES. MAGNESIUM RETENTION IS LOW EVEN WHEN DIET IS GOOD. SUPPLEMENTATION IS USUALLY NECESSARY.

**WHAT TO LOOK FOR:** MAGNESIUM COMES IN DIFFERENT FORMS. MAGNESIUM IS BEST ABSORBED THROUGH THE SKIN AS MAGNESIUM CHLORIDE . TOPICAL MAGNESIUM IS MORE EFFECTIVE THAN ORAL BUT IF TOPICAL MAGNESIUM CAN NOT BE USED, MAGNESIUM GLYCINATE IS THE BEST CHOICE FOR HORMONE BALANCE.

#### **BRANDS I RECOMMEND:**

- [Amazing Oils Topical Magnesium oil.](#)

Dosage: start at 300-400 mg and increase. Most women need 600-1000mg daily depending on genetics. 300mg is 15 sprays on the thighs daily.



### Zinc

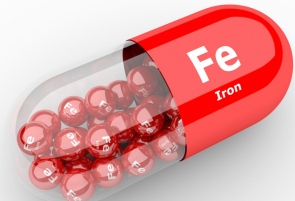
ZINC IS A CRUCIAL MINERAL THAT PROMOTES OVULATION. ZINC IMPROVES EGG FOLLICLE DEVELOPMENT LEADING TO BETTER PRODUCTION OF ESTROGEN AND PROGESTERONE. ZINC IS BENEFICIAL FOR PMS SYMPTOMS AND IN THE MANAGEMENT OF PERIOD PAIN. ZINC IS ALSO BENEFICIAL FOR WOMEN WITH PCOS AND HIGH TESTOSTERONE. AND CAN HELP IMRROVE HORMONAL ACNE.

**WHAT TO LOOK FOR:** ZINC IS NOT WELL TOLERATED . FOOD SOURCES OF ZINC ARE PREFERABLE. ZINC SHOULD ONLY BE TAKEN IF NECESSARY FOR A PRESCRIBED TREATMENT PERIOD.

#### **BRANDS I RECOMMEND:**

- [Garden of Life Vitamin Code Raw Zinc](#)

Dosage: 1 capsule: 15 mg



### Iron

IRON DEFICIENCY IS CAUSED BY HEAVY MENSTRUATION, PREGNANCY AND BLOOD LOSS. A REAL IRON DEFICIENCY IS SEEN AS LOW HAEMOGLOBIN NOT LOW FERRITIN (WHICH IS IRON STORES). LOW IRON CAUSES SYMPTOMS OF FATIGUE, DIZZINESS AND HEART PALPITATIONS

**WHAT TO LOOK FOR:** MOST IRON IS POORLY TOLERATED AND INFLAMMATORY. IRON SHOULD ONLY BE SUPPLEMENTED IF NECESSARY. MOST SYNTHETIC FORMS OF IRON CAUSE INFLAMMATION AND CONSTIPATION. IRON IS BETTER ABSORBED AT LOW DOSES, EVERY SECOND DAY AND IN THE FIRST HALF OF THE MENSTRUAL CYCLE (MENSTRUAL AND FOLLICULAR PHASE)

#### **BRANDS I RECOMMEND:**

- [Spatone \(naturally occurring high iron water\).](#)

Dosage: 1-2 sachets every second day in juice containing vitamin c eg orange juice. Provides 5-10 mg of elemental iron

- [Tonic Mumma \(herbal iron tonic\).](#)

Dosage: 1-2 TBSP daily or every second day

# MINERALS

## What You Should Know



### Calcium

CALCIUM REDUCES MOOD RELATED SYMPTOMS OF PMS AND MINIMISES HORMONAL WATER RETENTION. CALCIUM IS NEEDED TO ENHANCE THE ACTION OF ESTROGEN ON BONE TISSUE AND BECOMES MORE IMPORTANT WITH INCREASED AGE.

**WHAT TO LOOK FOR:** CALCIUM SHOULD ONLY BE SUPPLEMENTED WITH MAGNESIUM AND VITAMIN D, SOME ALGAE SPECIES ARE VERY HIGH IN CALCIUM AND CAN BE USED AS A NATURAL ALTERNATIVE TO SYNTHETIC CALCIUM. ALGAE IS WELL BALANCED WITH A MYRIAD OF OTHER MINERALS AND NUTRIENTS INCLUDING MAGNESIUM AND VITAMIN D SO IS LESS LIKELY TO CAUSE MINERAL IMBALANCES

#### **BRANDS I RECOMMEND:**

- [Green Nutritionals Pure Plant Source Green Calcium](#)

Dosage: 2 capsules daily (about 2g)

### Iodine

IODINE IS A COMMON DEFICIENCY IMPORTANT FOR THYROID FUNCTION AND METABOLISM. IODINE MODULATES ESTROGEN RECEPTORS AND IMPROVES CYCLICAL BREAST PAIN. IODINE ENHANCES THE CLEARANCE OF ESTROGEN FROM THE LIVER AND IS BENEFICIAL FOR ESTROGEN DOMINANCE SYMPTOMS.

**WHAT TO LOOK FOR:** IODINE DOSAGE IS HIGHLY VARIABLE ON THE INDIVIDUAL. FOOD SOURCES OF IODINE ARE BENEFICIAL BUT VARY GREATLY IN DOSE. IF THERE IS ESTABLISHED THYROID CONDITIONS OR IODINE DEFICIENCY IT MAY BE NECESSARY TO TAKE IODINE SUPPLEMENTATION UNDER THE SUPERVISION OF A DOCTOR. FOR GENERAL MAINTENANCE, SEAWEED POWDERS PROVIDE A WHOLE-FOOD SOURCE OF IODINE.

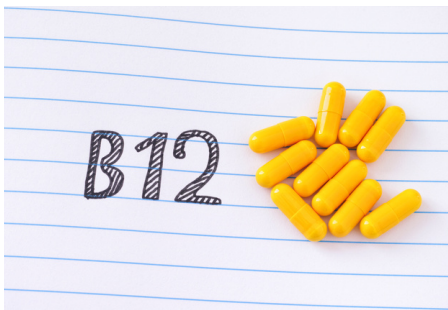
#### **BRANDS I RECOMMEND:**

- [Gelpro Australia Organic Seaweed Capsules](#). Uses blend of 4 different seaweeds and contains over 100% of RDI of iodine.

Dosage: 1 capsule (870mg)

# VITAMINS

## What You Should Know



### Vitamin B12

VITAMIN B12 IS AN IMPORTANT NUTRIENT NEEDED FOR METHYLATION (A PROCESS CARRIED BY THE LIVER) ENERGY AND METABOLISM. DUE TO MODERN FARMING PRACTICES PLANT FOODS ARE DEVOID OF VITAMIN B12. ANIMAL FOODS CONTAIN B12 BUT IS OFTEN POORLY ABSORBED. VITAMIN B12 IS A COMMON DEFICIENCY AND IS NECESSARY FOR VEGANS AS THERE IS INSUFFICIENT B12 ON AN EXCLUSIVELY PLANT-BASED DIET.

**WHAT TO LOOK FOR :** CHOOSE A METHYLATED B12. ALMOST 50% OF THE POPULATION HAS A GENE MUTATION CALLED MTHFR WHERE IS DIFFICULT TO ABSORB B VITAMINS UNLESS THEY ARE METHYLATED.

#### **BRANDS I RECOMMEND:**

- [Garden of life B12 spray](#)

Dosage: 1 spray daily



### B Complex

ALL B VITAMINS ARE NECESSARY FOR ENERGY AND ADRENAL HEALTH. VITAMIN B6 IS ESPECIALLY IMPORTANT FOR WOMEN TO HELP DECREASE MOOD RELATED PMS SYMPTOMS.

**WHAT TO LOOK FOR:** MOST B VITAMINS CAN EASILY OBTAINED FROM FOOD (EXCEPT B12) SO SUPPLEMENTATION IS ONLY NECESSARY IF DIET IS POOR. WOMEN WITH PMS BENEFIT FROM VITAMIN B6 AND B VITAMINS NEED TO BE REPLENISHED FOLLOWING PERIODS OF STRESS. IT IS MORE EFFECTIVE TO TAKE B VITAMINS TOGETHER AS A COMPLEX AS THEY WORK TOGETHER. WHOLEFOOD B VITAMINS ABSORB AS FOOD INTO THE BODY, BUT IF CHOOSING A DIFFERENT BRAND, USE A METHYLATED B VITAMIN COMPLEX.

#### **BRANDS I RECOMMEND:**

- [Life Stream B Complex \(Quinoa Sprout Powder\)](#) powder or capsule.

Dosage: 1/2 tsp powder or 4 capsules.

Best taken in the morning as can be too energising is taken at night.



### Vitamin D3

VITAMIN D CAN REGULATE THE MENSTRUAL CYCLE AND IS ESPECIALLY BENEFICIAL FOR WOMEN WITH PCOS. AND THYROID CONDITIONS. BEST ABSORBED WHEN TAKEN WITH MAGNESIUM. THE BODY MAKES VITAMIN D FROM THE SUN BETTER THAN ABSORBING IT THROUGH FOOD OR SUPPLEMENTS. THEREFORE DAILY NATURAL SUNLIGHT DIRECT TO THE SKIN (NO SUNSCREEN) IS BEST. VITAMIN D SUPPLEMENTATION IS MOST IMPORTANT DURING WINTER AND SPRING.

#### **BRANDS I RECOMMEND:**

- [Superfeast Shitake Mushroom Powder](#) (other medicinal mushrooms also have vitamin D but shitake is highest)

Dosage: 1/2 tsp daily

- [Garden of Life Vitamin D spray](#)

Dosage: 1 spray daily, especially in winter



# VITAMINS

## What You Should Know



### **Vitamin C**

VITAMIN C IS THE MAIN NUTRIENT USED BY THE ADRENAL GLANDS UNDER STRESS. STRESS IS A MAJOR ROOT CAUSE OF MOST HORMONAL IMBALANCES. VITAMIN C IS A STRONG ANTIOXIDANT AND IT HELPS HEAL THE BODY FROM OXIDATIVE STRESS, PREVENTING AGAINST CANCER , AGING, AND REDUCING INFLAMMATION. IT ALSO HELPS PRODUCE COLLAGEN AND NEUROTRANSMITTERS. IT CAN BOOST OUR IMMUNE SYSTEM AND HELP US ABSORB IRON.

**WHAT TO LOOK FOR:** SYNTHETIC VITAMIN C ONLY PROVIDES ASCORBIC ACID WHICH IS ONLY A SMALL PART OF THE VITAMIN C MOLECULE. FOR BEST ABSORPTION, A WHOLEFOOD VITAMIN C MUST BE USED.

#### **BRANDS I RECOMMEND:**

- [Garden of life Vitamin C Spray](#)
- [Eden Health Foods Wild C](#)
- [Loving Earth Camu Camu Powder](#)
- [Perfect Organic Acerola Cherry Powder](#)

Dosage: as written on each product



### **Multivitamin**

MULTIVITAMINS AND MULTIMINERAL COMPLEXES CAN BE A GOOD WAY TO FILL IN NUTRITIONAL GAPS. WHOLE-FOOD NUTRIENTS FROM POWDERED FRUIT AND VEGETABLES ARE BETTER ABSORBED. ALTHOUGH SAFER, ITS DIFFICULT TO KNOW EXACT AMOUNTS OF NUTRIENTS WITH WHOLE-FOOD POWDERS. WHOLE-FOODS POWDERS ARE BENEFICIAL BUT SHOULD NOT BE RELIED ON FOR CORRECTING A CONFIRMED DEFICIENCY.

**WHAT TO LOOK FOR IN A WHOLE-FOOD POWDER:** THE SIMPLER THE BETTER. ADDING TOO MANY INGREDIENTS CAN MAKE THE PRODUCT LESS EFFICIENT BECAUSE THE DOSE OF EACH INDIVIDUAL NUTRIENT BECOMES TO SMALL TO HAVE AN EFFECT. IT IS UNLIKELY THAT MOST POWDERS WILL HAVE ENOUGH VITAMIN B12 OR VITAMIN D SO THESE NUTRIENTS MAY NEED TO BE SUPPLEMENTED AS WELL.

#### **BRANDS I RECOMMEND:**

- [Eden health Foods Super Food Formula](#)
- [Nutra Organics Acai Berry Blend](#)
- [Evolution Botanicals Himalayan Shilajit](#)
- [Garden of Life My Kind Organics Womens Multi](#)

Dosage: as written on each product

# OTHER

## What You Should Know



### Omega 3

OMEGAS 3'S ARE POWERFUL ANTI-INFLAMMATORY FATTY ACIDS AND CAN HELP REDUCE PERIOD PAIN AND DECREASE HEAVY MENSTRUAL FLOW. ALTHOUGH THERE IS AN ABUNDANCE OF OMEGA 3 IN PLANT FOODS, THE FORM (ALA) OF PLANT OMEGA 3 IS NOT EASILY CONVERTED INTO ITS ACTIVE FORMS (EPA AND DHA). EPA AND DHA ARE FOUND IN FISH, ALGAE, SEAWEEDS AND OTHER SEAFOOD ONLY.

**WHAT TO LOOK FOR:** CHOOSE A VEGAN ALGAE SUPPLEMENT IF POSSIBLE AS ABSORPTION IS THE SAME, IS LESS LIKELY TO BE CONTAMINATED WITH TOXINS AND IS A MORE SUSTAINABLE CHOICE FOR THE OCEANS. SOME ALGAE SPECIES LIKE PHYTOPLANKTON PROVIDE SIMILAR AMOUNTS OF OMEGA TO ALGAE OIL BUT ALSO RETAIN ALL THE OTHER NUTRITION IN THE ALGAE.

#### **BRANDS I RECOMMEND:**

- [Wanderlust Plant Omega 3](#)  
Dosage: 1 capsule daily
- [Phytality Ultana Phytoplankton](#)  
Dosage 1/4 tsp or 3 capsules daily



### Estrogen Support

SOMETIMES THE LIVER NEEDS A LITTLE HELP IN PROCESSING ESTROGEN. WHILE MUCH CAN BE DONE WITH FOOD ONLY, GREEN POWDERS CAN BE HELPFUL IN BOOSTING ESTROGEN METABOLISM IN THE LIVER. BROCCOLI SPROUTS CONTAIN SULFUROPHANE AND DIM WHICH IS POWERFUL FOR ESTROGEN DETOXIFICATION IN THE LIVER. MORINGA LEAF IS A HIGH SOURCE OF QUERCETIN WHICH GENTLY AIDS THE LIVER IN PROCESSING ESTROGEN AND ALSO LOWERS EXCESS HISTAMINE WHICH CAN WORSEN SYMPTOMS OF ESTROGEN DOMINANCE.

**WHAT TO LOOK FOR:** NO ADDITIVES OR FILLERS.

#### **BRANDS I RECOMMEND:**

- [DNH Broccoli Sprout Powder](#)  
Dosage 2-4 capsules daily
- [Moringa Products Australia Moringa powder or capsules](#)  
Dosage: 1/2 tsp powder or 2-4 capsules daily



### Protein Powder

PROTEIN IS NEEDED FOR BLOOD SUGAR BALANCE AND HORMONE PRODUCTION IN THE BRAIN. PROTEIN POWDER IS NOT NECESSARY BUT IT CAN BE AN EASY WAY TO GIVE MEALS A PROTEIN BOOST AND TO HELP WITH MUSCLE RECOVERY.

**WHAT TO LOOK FOR:** A PROTEIN POWDER THAT HAS MORE NUTRITIONAL VALUE THAN PROTEIN ALONE. HEMP PROTEIN POWDER DOES NOT EXTRACT PROTEIN BUT JUST MILLS THE ALREADY HIGH PROTEIN SEED INTO A FINE POWDER. THIS RETAINS ALL THE OTHER NUTRIENTS OF THE PLANT. IT INCREASES THE PROTEIN AMOUNT BY INCREASING THE VOLUME OF SEEDS INGESTED IN POWDERED FORM. HEMP PROTEIN POWDER IS CONSIDERED COMPLETE HOWEVER IT IS LOW IN THE AMINO ACID LYSINE. LYSINE CAN EASILY BE OBTAINED THROUGH OTHER FOODS (MOSTLY LEGUMES) BUT IF THE DIET IS OVERLY LOW IN LYSINE IT MAY NOT BE A SUITABLE CHOICE. HEMP PROTEIN POWDER IS UNFLAVOURED.

#### **BRANDS I RECOMMEND:**

- [Mt Elephant Hemp Protein Powder](#)
- [Essential Hemp Organic Hemp Gold Protein](#) (from Costco)  
Dosage 1 scoop: 20g protein