

Suggested Supplements* for Women:

For assessments, specific formulas, recommendations, dosages and brands

Contact Annelie Smith at 08243575701 or email annelie@anneliesmith.co.za

Supplement prescriptions for medical aid claims available.

Life Stage	Supplements	Life Stage / health concerns	Supplements
Children and Adolescents	Vitamin C Multivitamin Omega 3 Fish oil	Pregnancy & Breastfeeding	Iron and Folic Multivitamin Cal Mg D Omega 3
Ages 20s -30s	Multivitamin Calcium Magnesium D Omega 3		
Ages 30s – 40s	Multivitamin Calcium Magnesium D Omega 3 Fish oil Iron and folic (when appropriate)	Digestive problems, IBS, Inflammation, bloating	Vitamin B-Complex Magnesium Chewable fiber
		Candida infections	Double X, Garlic, Chewable fiber
Ages 40s -50s	Multivitamin Calcium Magnesium D Omega 3 Iron and folic (when appropriate) Multivitamin	Allergies, sinusitis, hay fever	Rhodiola rosea Multivitamin Zinc sticks Vitamin C Omega 3
		Stress	B-complex Rhodiola / Ginseng and Ginko biloba
Ages 50 plus	Multivitamin Calcium Magnesium D Omega 3 Fish oil All plant protein powder Rhodiola or Ginseng	Cancer	Concentrated fruit and vegetables Carotene complex, Selenium E Multivitamin : Double X, Omega 3

Life Stage	Supplements	Life Stage / health concerns	Supplements
Active people	Iron and Folic acid Rhodiola Multivitamin (Daily or Double X) Strive / Fit H2O Protein powder / bars Magnesium sticks CalMgD Omega 3 Slow release vitamin C	Cardiovascular disease (Cholesterol, blood pressure, arteriosclerosis)	Omega 3 Fish oil 3 per day Vitamin C Multivitamin : Daily/ Double X Vitamin E and Lecithin
Menopause	Rhodiola Rosea CalMg D Plant protein powder	Diabetes / glucose intolerance	Bilberry and Lutein Omega 3 Multivitamin : Double X
Fertility problems/ hormone imbalances	Vitamin E and Selenium Omega 3 Multivitamin Cal Mg D Nutriline All Protein Powder	High blood pressure	Calmg D, Lecethin E
Thinning / brittle hair, nails and skin	Biotin C Plus		

