

Period & Supplements

A Guide to What Your Body Needs During Your Period

TIPS FOR A BETTER PERIOD:

- Eat balanced meals during your period
- Go easy on the caffeine
- Take Advil if you need it
- Use a hot water bottle or heating pad to reduce pain from cramps
- Use a hot water bottle or heating pad to reduce pain from cramps

PROBIOTICS + PREBIOTICS

Probiotics are good bacteria that support a healthy GI tract, while prebiotics are the fiber that probiotics live off of. They are essential for:

- Protects your gut where hormones are metabolized
- Keeps bad bacteria away
- Helps relieve stress, anxiety, and depression

N-ACETYL-L-CYSTEINE (NAC)

- Supports normal ovulatory function in women with irregular cycles or PCOS

VITAMIN B12

Especially helpful for women who have heavy periods

- Helps rebuild red blood cells
- Combined with DHA fish oil, B12 can help relieve additional pain and discomfort related to menstruation

VITAMIN B6

- Helps your body produce serotonin and norepinephrine to alleviate irritability, support a better mood, and reduce stress levels
- May alleviate cramps when combined with magnesium

DHA/EPA

- Helps decrease bodily inflammation and may reduce pain over time
- Supports healthy brain function

VITAMIN D & CALCIUM

- Supports symptoms of PCOS
- Relieves cramps by decreasing production of the prostaglandin hormones, which may cause cramps