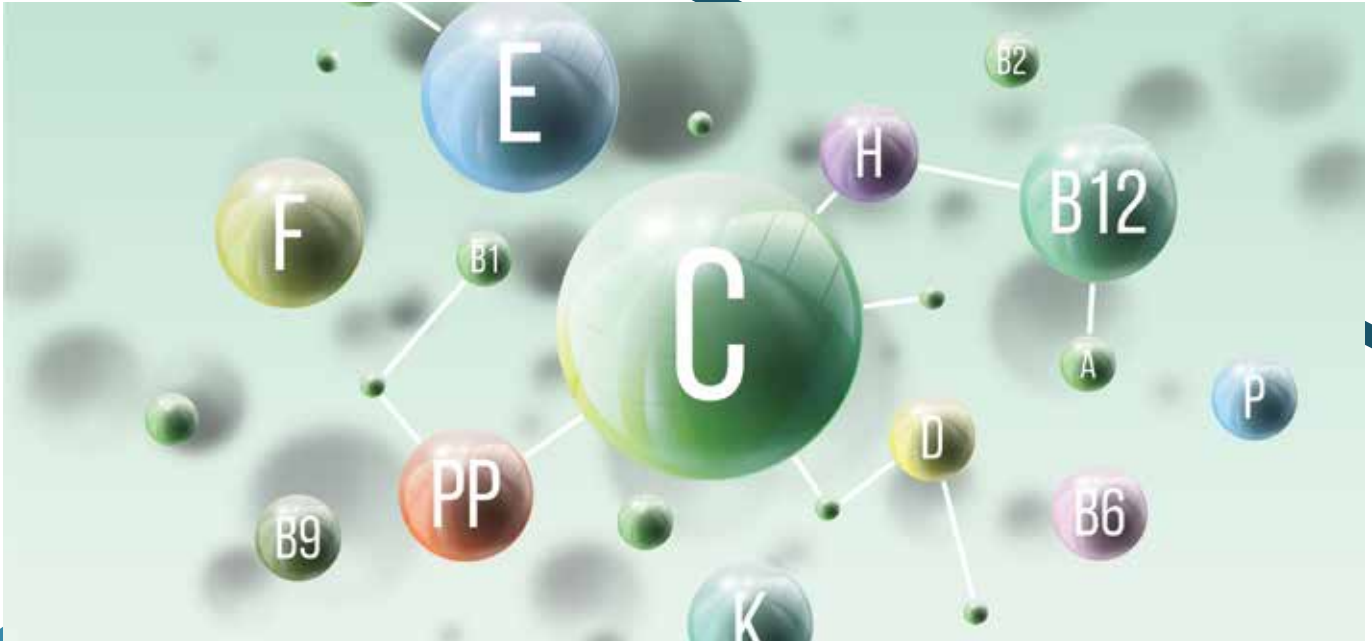


Are you making the right vitamin

connection?



We all need small amounts of vitamins and minerals for our bodies to work properly and to stay healthy.

Vitamins - an A-E Guide

Vitamin A is needed for a healthy immune system but a lack of it is unlikely to affect most healthy menopausal women. However it is one of the Vitamins that can be harmful in excess doses especially in women of childbearing age.

Vitamin B group. Most women following a Western diet are unlikely to be deficient in this group of Vitamins as they are added to flour (fortified). Certain B vitamins are more likely to be difficult to obtain from dietary sources, such as Vitamin B5 and Vitamin B6 (pyridoxine). Supplementation of vitamin B6 has been recommended for women who suffer from premenstrual syndrome.

Vitamin B6 may have a role in the prevention of heart disease by lowering harmful homocysteine levels, which are associated with heart disease, stroke, osteoporosis and Alzheimer's disease.

Vitamin C. Deficiency of Vitamin C is unlikely in a balanced diet containing fruit and vegetables. It's more

likely in smokers and those not eating fresh produce. Some believe that it can fight off colds and flu in high doses. It works as an anti-oxidant.

Vitamin D. Vitamin D is required to maintain bone health. It helps the body absorb calcium and is made in the skin due to sunlight action. Lack of sunlight due to poor climate, people being housebound, or being covered up when outside, often leads to lack of vitamin D, particularly in the elderly. Dietary sources include oily fish, dairy products and margarine and two main course portions of oily fish per week are recommended.

Vitamin E may have a protective effect against heart disease and supplementation is recommended. It has been found to reduce the number of non-fatal heart attacks, but not fatal ones. A dose of 400-800 iu is suggested. Some women find that high dose Vitamin E helps with night flushes. It is also known for its beneficial effects on skin and hair.

Minerals - a mine of information

Visit the Diet & Lifestyle section of Menopausematters.co.uk for a whole range of further information.