



**7**  
FEMMED  
PREGNANCY +  
GINGER, \$30



**6**  
SWISS NATURAL  
SOURCES  
WOMEN'S HEALTH  
TOTAL ONE  
MULTI VITAMIN &  
MINERAL, \$23

### 7 YOU'RE PREGNANT

All moms-to-be should take a daily prenatal vitamin and mineral supplement. (In fact, the Canadian Paediatric Society recommends that all women of childbearing age start supplementing with folic acid as soon as they stop using birth control.) "Prenatal vitamins contain iron, which prevents anemia in the mother and promotes blood production for the fetus," explains Brown. They also contain zinc (which is important for fetal development), as well as healthy doses of calcium and vitamin D (to help your baby's bones develop and protect your own as well). Most important of all, their folic acid content can prevent neural tube defects such as spina bifida.

**DAILY Rx** 0.4 milligrams of folic acid

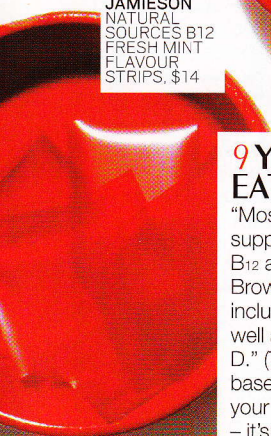


**8**  
VIVITAS WOMAN  
EVERYDAY  
ESSENTIALS  
MAGNESIUM, \$11

### 8 YOU'RE STRESSED OUT AND CAN'T SLEEP

"Stress increases your nutritional needs by putting greater demands on your body," says Worts. For instance, your adrenal glands – which sit on top of your kidneys – produce stress hormones and use up a lot of magnesium in the process. In addition to offering support in times of crisis, magnesium relaxes your muscles, lowers blood pressure and calms your nervous system, prepping your body and mind for a good night's rest. "Taking magnesium before bed helps relieve anxiety and prevents your mind from making to-do lists for the next day," says Worts. B-vitamins (there are eight) can also help your body cope with stress.

**DAILY Rx** 310 milligrams of magnesium and a B-vitamin complex



**9**  
JAMIESON  
NATURAL  
SOURCES B12  
FRESH MINT  
FLAVOUR  
STRIPS, \$14

### 9 YOU DON'T EAT MEAT

"Most vegetarians need to supplement with iron, vitamin B<sub>12</sub> and omega-3s," says Brown. "Vegans need to include all of the above, as well as calcium and vitamin D." (The more strictly plant-based your diet, the greater your need for B<sub>12</sub>, adds Worts – it's essential for healthy brain function and the production of red blood cells.)

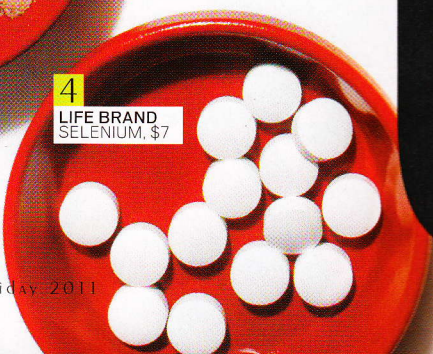
**DAILY Rx** 2.4 micrograms of vitamin B<sub>12</sub>



**8**  
NATURE'S  
BOUNTY SUPER  
B-COMPLEX, \$14



**6**  
BODYLOGIX  
PROTEIN  
POWDER, \$23



**4**  
LIFE BRAND  
SELENIUM, \$7

## THE LOWDOWN ON D

We've all heard it by now: A vitamin D supplement is a must, but confusion still exists as to just how much we need. It's no wonder, says Myra Allen, a Shoppers Drug Mart pharmacist based in Calgary. She regularly sees doctors advising amounts far higher than the recommended dosage listed on the packaging for most brands. So, why the discrepancy? Allen chalks it up to the scads of new research that shows strong connections between D deficiencies and everything from sleep disorders to immunity. As well, the government's D guidelines (which currently recommend 600 IU daily) are solely based on the vitamin's bone-health benefits. The Canadian Cancer Society, on the other hand, recommends talking to your doctor about upping your intake to 1,000 IU daily throughout the winter months to protect against cancer. The long and short of it? Talk to your doctor to figure out just how much vitamin D you really need.

WHY  
MAY  
FLOW

### FRIENDLY DIGESTION

Many friends of digestion differ in the right balance of bodily intestinal

### A DIFFERENT FUNCTION

The digestive system has many minor flora

### UNBALANCED CONSCIOUSNESS

Many become stressed, die of multi-

### MULTIPLYING MULTITASKING

A multi-tasking our blend of research prote

### BOTH BODILY

it's true and v

### PROBIO SUPPLEMENTS

Probiotics vary in balance micro

### PROBIOTIC INTAKE

All Probiotics replicate regul

