

When do I take my supplements?

Once you know which ones to take then knowing when its best to take them can be tricky, especially as you reach midlife and you're juggling a handful a day! Scroll to the end of this guide for links to the main supplements and your discount 😊

Here are some tips for taking supplements:

1. Always take with food unless it says otherwise. This is the best way to get optimum nutrient absorption as they are digested and utilised
2. You can split them over the day, they don't have to be taken in the morning, some people find them better at lunchtime
3. Magnesium and Ashwaganda can be taken in the evening as they help you sleep. Calcium and Iron are too be taken away from food/drink (especially caffeine) as it can negate the absorption.
4. Multivitamins, and additional vitamins like C and D you can take earlier so you benefit during the day from the energy that they give you.
5. Oils like fishy ones may make you queasy so take with food. This goes for magnesium too until you're sure it doesn't give you a runny tummy. Switch to a vegan omega 3 oil (made from algae) as it's a purer source, or at least get a pure fish oil; cod liver oil is out of favour as can be heavily polluted nowadays.
6. A probiotic is usually taken first thing in the day on an empty stomach, without a hot drink (Which can kill the bacteria) Here's the best one for women up until perimenopause (especially if heavy periods), and you get 10% off with this discount code: MBZCM10 If you're closer to menopause/ or have heat symptoms then take this one: <https://microbz.co.uk/product/bio-live-liver/ref/andrea.marsh/>
7. Supplements in oils are the best ones for absorption, however pure plant extracts are the purest to absorb and these come in capsules, are normally not white, and may smell a bit like vegetation – this is good! Chalky white ones that have the first ingredient of Calcium carbonate are ones that have been bulked out, they are usually larger and have no additional benefit, avoid these if you can as they are a false economy.
8. Take them for a minimum of 3 months, but it can be 6 months to 2 years depending on your severity of symptoms (specifically Adrenal Fatigue). This is just an estimate, everyone is individual, listen to your body.
9. Source companies that have a good ethic behind their supplements , for example Cytoplan - supplements are plant based allowing more absorption – **click on image below**, and use code **CYT122819-35-10 for 35% off your first order, and 10% for all subsequent orders (only apply once).**



Nutritional Supplements



Supplement Starter Guide

Supplements are a mine field , where do you start if you don't have a clue?

I've put together all the starter supplements in one place, these will start relieving a swathe of symptoms plus build your energy back up and help your sleep, aches and ailments. I've spent 2 years finding a company that has enough of these good supplements in one place. Sourced from plants if the supplement states its **Bioavailable** or **Wholefood** it means you will absorb more of the nutrients.

It's taken me a few years to settle on CytoPlan, but they do a very good range, plant based and ethical. Use code **CYT122819-35-10** just the once on your account, for 35% off your first order and 10% all subsequent orders.

Multi vitamin - women's health multi vitamin for the menopause transition, you need all these microminerals to support all of your health. It is also high in vitamin B complex for energy and hormone health balance. The excess cortisol that you have from stress whether caused by life or hormonal change

[Shop Women's whole food multi vitamin](#)

Magnesium. You will be deficient in Magnesium , that's a fact! Supports over 300 systems in your body and can be the root cause of sleep interruptions around 4am. Can take up to 450/500mg a day.

[Shop Biofood Magnesium](#)

Borage/Starflower - Essential fatty acids we can't produce (greater amounts than Evening Primrose)

[Shop Borage](#)

Omega Balance (vegan) oils - If you don't eat oily fish twice a week (but I suggest you take anyway) and you have brain fog, overwhelm, achy joints and most menopause symptoms get onto your Omega 3 essential fatty acid.

[Shop Omega Balance](#)

Vitamin C + Bioflavonoids if you're experiencing Hot Flashes, but also helps to promote collagen growth (ie sagging skin) and support immunity. I take 1000mg (with bioflavonoids) for collagen boost and to avoid hot flushes.

[Shop Vitamin C](#) or [Organic Vitamin C](#) (if you're orange/asorbic acid intolerant)

Ashwaganda if you're anxious, tired but can't relax. Aids a better quality of sleep and calms your adrenal release.

[Shop Ashwaganda](#)

Vitamin D3 - we can't get enough from the sun, along with Magnesium and Calcium help aid bone strength, also boost Lung strength and immunity. With vitamin K2 for effective absorbancy.

[Shop Vitamin D3/K2](#)

Vitamin B12 - if you really are low in energy then this could be a real booster for you. You get a decent amount of the B complex in most women's MVs but a B12 boost may help energy levels further.

[Shop vitamin B12](#)

Rhodiola - a real energy booster, can be taken alongside Ashwaganda, but only if advised. Could be too stimulating if you're exhausted, just stick to the Ashwaganda for the first 3 months.

[Shop Rhodiola](#)

Phytoestrogens (soya isoflavones) only take if erratic/scant periods or finished and you have heat symptoms still.

[Shop Phytoestrogens](#)

Marine Collagen - Type I Collagen peptides, used to support the structure, elasticity, texture, strength and resilience of the skin.

[Shop Marine Collagen](#)

Daily liver detox support – everyone will need this at some point. Very definitely if you're experiencing any heat or irritability symptoms, and especially if you feel pain under the lower right rib cage, regular nausea, nights sweats, putting on belly fat, or concerned about high blood pressure, your heart health, or diabetes.

[Shop Cytoplan Liver Protect](#)

Hormonal liver detox - 2 specific supplements (DIM (with Calcium D Glucarate) , and Sulphurophane 'Planit Power') a powerful combination to cleanse your system of dirty hormones which have been introduced via the food chain and could be adding to your weight gain around the middle.

[Shop DIM](#) and [Plant Power](#)

Probiotic – BIOLIVE - The top supplement for your gut and brain health, metabolism, energy levels and immunity.

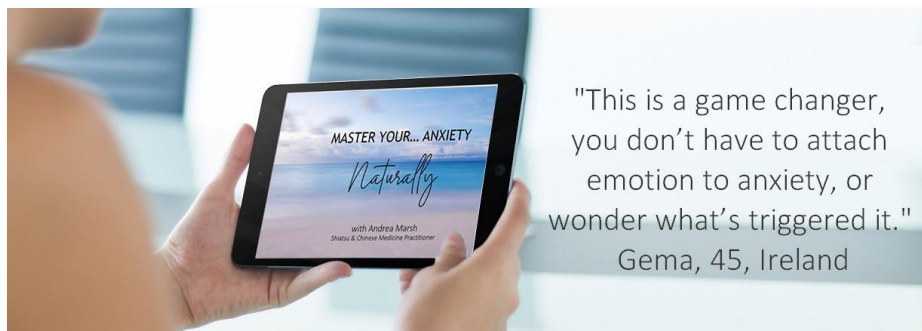
Shop [Women](#) or [Liver](#) plus check out the whole range, especially if you're up for a whole gut reboot (they have a set for that) plus ones for the whole family including your pets! Remember a 10% discount on *all orders* with code **MBZCM10**.

Support from Andrea at Cotswold Menopause

If you're not sure where to get started then a 15 minute clarity call may suit you, [book here](#).

For further reading, my book [Understanding Your Menopause](#) will give you a good grounding in what to expect and how to alleviate symptoms as they arise. For your health make these changes now and you may never experience further symptoms. Available on Amazon in paperback too.

There are many other options to support you too, how to alleviate anxiety (a guide to understanding and relieving the physical cause), supporting you through a liver detox, plus my popular 28 Days programme (live group or videos) for those of you who would like support as you step through your changes. All my support options are [here](#).



About Andrea

Andrea is a Shiatsu and Chinese Medicine Practitioner, with over 15 years experience who learnt that supplements were her solution to a majority of her symptoms when she researched the depletions caused by health changes in midlife. She now helps women via consultations, and group events as well as running a daily shiatsu practise from her home in Cheltenham.

Lifestyle is your medicine