## Perimenopause Supplement Basics

So let's talk about the best supplements you could be taking every day during perimenopause to ease your symptoms as you go through hormone transitions.

The first things are a little bit of the basics. Number one is a high quality vegetarian protein powder, such as this one. This is something that you can add to your breakfast in overnight oats and applesauce, or you use to make a fruit smoothie.

This is really helpful to increase your protein content every day so it can balance out the fats and carbs you're eating to help minimize weight gain.

## Protein Powder and Multivitamin

The second thing is a really high quality multivitamin such as this one. This the one that I take daily because it has higher levels of iron, zinc, iodine, and vitamin D to improve my energy levels and prevent hair loss.

then we need to look at digestion support.

## Digestive Enzymes and Probiotics

As you may know, in our 40s, our digestion starts to slow down and this can make us easily feel bloated, especially if we're eating lots of high fiber foods such as beans and vegetables.

So I recommend to a lot of my patients and I take daily a plant-based digestive enzyme specifically formulated to break down beans in vegetables better so that we could have those high-fiber, good protein types of plant foods without causing a lotta bloating.

Then we also do need to take a probiotic. These are tough to remember I know because they're in the refrigerator, but probiotics are really helpful again to reduce bloating, is traveling through your colon for elimination and your lactobacillus bacteria are those good probiotics that help to keep the estrogen in your stool so that you can eliminate the extra.

So taking a good quality probiotic before bed is a great idea to help manage estrogen levels and minimize perimenopause symptoms. The other thing to take before bed that I recommend to almost all of my patients is a form of magnesium.

So you could get magnesium capsules or a magnesium powder that you can add to your nightly herbal tea or drink in water.

## Magnesium Before Bed

Magnesium is wonderful to taking at night because it is mildly relaxing. It can help prevent muscle cramping. reduce palpitations or feelings of anxiety.

And most people, Americans especially, are deficient in magnesium. It is present in our foods and beans, nuts and seeds and dark chocolate, but it's still difficult to get enough magnesium for your needs, even if you're eating those foods.

Magnesium is also needed to make progesterone. So you want to be sure you have a good amount of magnesium in your system when needed in that part of your cycle.