

With age, our nutrient needs are changing, so it is important to replenish their deficiency with dietary supplements. It is especially important to get a sufficient amount of vitamin D, calcium, vitamin B12, omega-3.

Vitamin D. If you are more than 40 years old, then a decrease in estrogen level will impede the absorption of vitamin D by the body. It is best to check its level annually and accept dietary supplements if necessary.

Calcium. After menopause in women, the risk of bone mass is increased. Calcium additives will support the strength of the skeleton, reduce the risk of fractures. This was said by Drew Hemler, a master of science, a registered nutritionist, a certified nutritionist, a member of the American Association of Agronomes and Orthopedists. It is preferable to take calcium citrate, as it is well absorbed even with low acidity of the stomach.



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Vitamin V12. With age, the body's ability to absorb this vitamin decreases. This may also

be due to taking certain drugs: for example, inhibitors of proton pump, metformin, some diuretics.

Omega-3. This type of unsaturated fats is known for anti-inflammatory effects. Over the years, we have increased the risk of developing chronic diseases, so it is important to get a sufficient amount of omega-3. Try to eat at least two portions of fat fish per week for this.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.