



*Fit Firm
& Fabulous*

— NO PERFECTION. JUST PROGRESS. —

FREE GUIDE

WOMEN'S SUPPLEMENT *Guide*

Essential nutrients to help support your energy, hormones, immune health, and overall wellness after 40.



Key nutrients every woman needs



Support for hormones, energy & mood



Immune, bone & heart health essentials



Simple guide to choosing what's right for you



— PART OF THE FIT FIRM & FABULOUS FREE LIBRARY —

fitfirmandfabulous.com

FIT FIRM & FABULOUS

PRESENTS

THE WOMEN'S SUPPLEMENT GUIDE

What Actually Works. What Doesn't.
And Exactly What Women Over 40 Need.

A FREE RESOURCE FROM THE FFF INNER CIRCLE LIBRARY

INSIDE THIS GUIDE

- | | |
|----|--|
| 01 | Why Your Supplement Needs Change After 40 |
| 02 | The Foundation Stack: 5 Supplements Almost Every Woman Needs |
| 03 | Targeted Add-Ons: Based on Your Symptoms |
| 04 | Where to Start: Your Personal Decision Guide |
| 05 | How to Build Your Supplement Routine |
| 06 | What to Look for on a Label |
| 07 | What Doesn't Work (Or Isn't Worth It) |
| 08 | Safety and Interactions |
| 09 | The FFF Daily Essentials Connection |
| 10 | Quick Reference Chart |

fitfirmandfabulous.com • Free for Inner Circle Members

Why Your Supplement Needs Change After 40

If you've been taking the same multivitamin for the past decade and wondering why it doesn't seem to be doing much — there's a reason. The supplement needs of a woman navigating perimenopause and menopause are meaningfully different from those of a woman in her thirties, and most generic multivitamins were not designed with this transition in mind.

Three specific things change during this transition that directly affect your nutritional needs:

■ Estrogen's support diminishes

Estrogen supports the absorption and utilization of several key nutrients, including calcium, magnesium, and vitamin D. As estrogen declines, the body becomes less efficient at using these nutrients — which means the same dietary intake that was adequate at 35 may be insufficient at 47.

■ Nutrient absorption decreases

Stomach acid production decreases with age, which directly reduces absorption of vitamin B12, calcium, iron, and zinc from food. Women over 40 absorb meaningfully less of these nutrients from the same foods they've eaten for years.

■ Specific deficits become clinically relevant

Bone density begins declining during perimenopause. Cardiovascular risk rises. Cognitive demands on the brain increase at the same time its hormonal support diminishes. The nutritional gaps that were inconsequential at 30 have real health consequences during this transition.

The honest bottom line

A well-formulated women's supplement approach during this transition is not about taking more supplements. It is about taking the right ones — in the right forms, at the right doses — targeted to the specific needs that this hormonal shift creates. This guide gives you exactly that.

What Makes a Supplement "Right" for This Transition

Three criteria separate supplements worth taking from those that are marketing dressed up as wellness:

— Evidence quality

The supplement has clinical evidence from well-designed human trials — not just animal studies, traditional use claims, or mechanistic plausibility.

— Form specificity

The form matters as much as the ingredient. Magnesium glycinate absorbs significantly better than magnesium oxide. Methylcobalamin (B12) works for the 40-60% of women with MTHFR genetic variants; cyanocobalamin does not. Generic labels often don't tell you which form you're getting.

— Dose relevance

The dose in the product matches the dose used in the research. Many supplements contain the right ingredient at a fraction of the effective dose — just enough to put it on the label.

This guide uses these three criteria for every supplement it recommends — and for every supplement it cautions against.

The Foundation Stack

Five supplements with the strongest evidence for women during perimenopause and menopause. These are the ones that almost every woman in this transition benefits from — before any targeted additions.

Evidence Rating Key

Strong = Multiple well-designed randomized controlled trials in humans **Moderate** = Consistent evidence from smaller trials and observational research **Emerging** = Promising early evidence; not yet confirmed by large RCTs

Vitamin D3

Strong

Estrogen supports vitamin D metabolism. As estrogen declines, vitamin D status drops independently of sun exposure or diet. Vitamin D is essential for calcium absorption, bone density, immune function, and mood — all directly relevant to this transition. Up to 70% of women are insufficient.

Dose: 1,500-2,000 IU daily (test first — adjust to reach 30-60 ng/mL)

Form: D3 (cholecalciferol) — not D2

Avoid: Doses above 4,000 IU without testing; D2 form (less effective)

FFF Product: FFF Essential Multi (base dose) + separate D3 if bloodwork shows low levels

Magnesium Glycinate

Strong

Progesterone supports GABA, the brain's calming neurotransmitter. As progesterone declines, magnesium's GABA-supporting role becomes more critical. Clinical trials show magnesium glycinate significantly improves sleep quality, reduces anxiety, supports bone health, and improves insulin sensitivity — all directly relevant during this transition.

Dose: 200-400mg in the evening

Form: Glycinate or threonate form — not oxide

Avoid: Magnesium oxide (poor absorption, common in cheap products); doses above 400mg may cause loose stools

FFF Product: FFF Essential Multi (foundation) + separate magnesium glycinate for sleep/anxiety benefit

Omega-3 (EPA+DHA)		Strong
Estrogen has anti-inflammatory effects that decline during this transition. EPA+DHA directly reduce inflammation, support cardiovascular health (rising risk after menopause), improve mood through serotonin pathways, and support cognitive function. EPA specifically has antidepressant evidence comparable to some pharmaceutical treatments for mild-moderate depression.		
Dose: 1-2g EPA+DHA daily		Form: Triglyceride form (better absorbed than ethyl ester); specify EPA+DHA content
Avoid: Products that only list "fish oil" without specifying EPA+DHA content; oxidized products (check for rancid smell)		
FFF Product: Separate omega-3 supplement (FFF Essential Multi does not contain omega-3s — they require separate formulation)		

Women's Probiotic		Moderate
The gut microbiome changes significantly during perimenopause, affecting the estrobolome (estrogen metabolism), serotonin production, immune function, and vaginal microbiome health. Specific Lactobacillus and Bifidobacterium strains have evidence for gut health, reduced anxiety, vaginal health, and reduced UTI frequency — all relevant during this transition.		
Dose: 10-60 billion CFU daily with food		Form: Multi-strain with named strains (e.g., L. rhamnosus GG, B. longum) and shelf-life CFU guarantee
Avoid: Products without strain identifiers; very high CFU claims without delivery protection technology		
FFF Product: FFF Women's Probiotic 60B		

Women's Multivitamin (40+)		Moderate
A well-formulated women's multivitamin after 40 addresses the specific nutrient gaps this transition creates — not generic adult nutrition. The B vitamin forms matter enormously: 40-60% of women have MTHFR variants that prevent conversion of folic acid and cyanocobalamin to their active forms. This gap in a generic multivitamin represents a meaningful nutritional miss.		
Dose: Per label — with food containing fat for fat-soluble vitamin absorption		Form: Methylfolate (not folic acid), methylcobalamin (not cyanocobalamin), D3, magnesium glycinate or malate, iron-free for postmenopausal women
Avoid: Generic adult multivitamins; gummy vitamins (inadequate mineral doses); products with magnesium oxide; iron-containing products for postmenopausal women		
FFF Product: FFF Essential Multi		

Targeted Add-Ons: Based on Your Symptoms

Once your foundation is in place, these targeted supplements address specific symptom clusters. Find the cluster that matches your primary experience and start there — not all of them simultaneously.

Important

Introduce one new supplement at a time, at least two weeks apart. This is how you know what's actually working. Starting five new supplements on the same day makes it impossible to attribute any improvement — or any side effect — to a specific product.

■ Sleep and Anxiety

Ashwagandha (KSM-66 or Sensoril) — 300mg twice daily — reduces cortisol, improves sleep onset, reduces anxiety through GABA-supporting effects. Evidence: Strong for cortisol reduction; Moderate for sleep.

Magnesium Glycinate — Already in Foundation Stack — the sleep-specific dose is 300-400mg taken 1 hour before bed.

L-Theanine — 100-200mg at bedtime — promotes relaxed alertness, improves sleep quality without sedation. Pairs well with magnesium. Evidence: Moderate.

FFF product: Ashwagandha Balance (KSM-66 standardized extract at evidence-supported dose)

■ Energy and Motivation

Maca Root (gelatinized) — 3-3.5g daily — supports energy, motivation, and libido through HPA axis effects, not estrogenic activity. Non-estrogenic; safe for most women. Evidence: Moderate.

B-Complex (active forms) — Ensure your multivitamin contains methylcobalamin and methylfolate — if not, a separate active B-complex addresses the energy and cognitive symptoms that B deficiency produces.

CoQ10 — 100-200mg daily with food — supports mitochondrial energy production. Particularly relevant for women on statins, which deplete CoQ10. Evidence: Moderate.

FFF product: Maca Pure (gelatinized, certified organic, standardized)

■ Blood Sugar and Cravings

Berberine — 500mg three times daily with meals — AMPK activation improves insulin sensitivity comparably to metformin in some studies. Discuss with doctor if on diabetes medication. Evidence: Strong.

Chromium Picolinate — 200-400mcg daily — supports insulin receptor sensitivity, reduces carbohydrate cravings. Evidence: Moderate.

Cinnamon (Ceylon) — 1-3g daily — blunts post-meal blood sugar spikes. Ceylon form specifically; avoid Cassia cinnamon at high doses due to coumarin content. Evidence: Moderate.

FFF product: Glucose Shield (berberine + chromium + cinnamon extract + alpha-lipoic acid)

■ Gut Health and Bloating

Digestive Enzymes — Full-spectrum enzyme blend with each meal — protease, lipase, amylase, lactase. Addresses the enzyme production decline of perimenopause directly. Evidence: Moderate for digestive symptom relief.

Targeted Probiotic — Already in Foundation Stack — for acute bloating add DigestaMax Plus alongside the probiotic for the digestive enzyme component.

Glutamine — 5g daily on empty stomach — supports intestinal barrier integrity that estrogen was maintaining. Evidence: Moderate for gut permeability.

FFF products: DigestaMax Plus + Women's Probiotic 60B

■ Skin, Hair, and Joints

Collagen Peptides (hydrolyzed) — 5-10g daily — Type I and III for skin and bone matrix; Type II (UC-II, 40mg) for joint-specific benefit. Evidence: Strong for skin elasticity and hydration at 8-12 weeks; Moderate for bone matrix.

Biotin — 2,500-5,000mcg daily — supports hair density in documented deficiency. Less evidence for hair growth without deficiency. Check thyroid first — thyroid dysfunction is a primary cause of hair loss in this age group.

Vitamin C — 500-1,000mg daily — essential cofactor for collagen synthesis; optimizes benefit of collagen peptide supplementation.

FFF product: Collagen Ageless Essence (hydrolyzed Type I + III + vitamin C)

Where to Start: Your Personal Decision Guide

If you're new to supplements or feeling overwhelmed, use this decision guide. Start with the Foundation Stack, then find your primary symptom cluster.

STEP 1: START HERE

Build your Foundation Stack first — all 5 foundation supplements before adding any targeted add-ons.

Vitamin D3 • Magnesium Glycinate • Omega-3 • Women's Probiotic • Multivitamin (40+)

STEP 2: IDENTIFY YOUR PRIMARY SYMPTOM CLUSTER

My biggest challenge is...	Start with...	FFF Product
Poor sleep and anxiety	Ashwagandha + Magnesium (evening dose)	Ashwagandha Balance
Low energy and motivation	Maca Root	Maca Pure
Blood sugar crashes and cravings	Glucose Shield formula	Glucose Shield
Bloating and digestive issues	Digestive Enzymes first	DigestaMax Plus
Skin, hair, or joint concerns	Collagen Peptides + Vitamin C	Collagen Ageless Essence
More than one of the above	Start with sleep/anxiety — everything improves when sleep improves	Ashwagandha Balance

Remember

Give each new supplement 8-12 weeks of consistent daily use before evaluating whether it's working. Most supplements build effects gradually. Stopping at three weeks — which is the most common timing for abandonment — is before most benefits become measurable.

How to Build Your Supplement Routine

The supplement that is taken daily is infinitely more effective than the one taken most days. Consistency is the primary determinant of outcomes — more than dose, more than brand, more than any other factor. Here is how to build a routine that actually sticks.

Morning vs Evening

Take in the Morning	Take in the Evening
• Multivitamin (with breakfast) • Vitamin D3 (with fat-containing meal) • Omega-3 (with breakfast) • Probiotics (with breakfast) • Maca (with breakfast) • Ashwagandha first dose (AM) • Collagen (any time with vitamin C)	• Magnesium glycinate (1hr before bed) • Ashwagandha second dose (PM) • L-Theanine (at bedtime) • Collagen (evening works equally well) • Calcium supplement if using one (separate from multivitamin, with food)

With Food vs Without

Most supplements absorb better with food. The specific considerations:

■ Always take with food

Vitamins D, E, K, A (fat-soluble — require dietary fat for absorption); Omega-3s; Multivitamin; Probiotics; Digestive enzymes (take with first bite of meal)

■ Take on empty stomach for best effect

Glutamine (gut healing effect); some amino acids if used therapeutically

■ Either works — take when you'll remember

Magnesium glycinate; Ashwagandha (mild GI upset if taken on empty stomach — take with food if this occurs); Collagen peptides

The One Rule That Changes Everything

Habit stacking works

Attach your supplements to an existing morning habit — specifically breakfast. "I take my supplements with breakfast" requires no decision-making after the habit is established. The supplements sit next to the coffee maker, the plates, or wherever breakfast lives. They go in with the meal. Done. The supplement that requires a separate reminder, a separate routine, or a separate trip to another room is the supplement that gets forgotten.

How to Know If a Supplement Is Working

Before starting any new supplement, rate your primary symptom on a 1-10 scale and note it somewhere you'll find in 8-12 weeks. This baseline is the only way to evaluate whether the supplement is producing meaningful benefit for you specifically. Impressions are unreliable. A number written down is not.

If after 12 weeks of consistent daily use at the evidence-supported dose your target symptom has not improved meaningfully — the supplement is not working for you. Discontinue it. Not every supplement works for every woman. The evidence shows population-level benefits; your individual response is what matters.

What to Look for on a Label

Reading a supplement label with knowledge is one of the highest-value skills you can develop as a consumer. The difference between a well-formulated supplement and a waste of money is often invisible on the front of the bottle — and completely visible on the back.

Third-Party Testing Certifications

Supplements in the United States are regulated as foods, not drugs — meaning they do not require pre-market safety or efficacy testing. Third-party certification is how you verify quality independently of manufacturer claims.

Certification	What It Verifies	Best For
NSF International	Label accuracy, purity, cGMP compliance	General supplements, professional use
USP Verified	Potency, purity, dissolution	Vitamins, minerals
Informed Sport	Banned substance testing	Athletes, drug-tested individuals
ConsumerLab	Independent testing for label claims	Research and comparison tool

Form Distinctions That Matter

These are the specific form differences that significantly affect how much of a supplement you actually absorb and use:

Nutrient	Prefer	Avoid / Caution
Magnesium	Glycinate or threonate	Oxide (poor absorption, common in cheap products)
Vitamin B12	Methylcobalamin (active immediately)	Cyanocobalamin (requires conversion; MTHFR variants cannot convert)
Folate / B9	Methylfolate (5-MTHF) — active form	Folic acid (synthetic; MTHFR variants cannot convert)
Vitamin B6	Pyridoxal-5-phosphate (P5P) — active form	Pyridoxine HCl (requires conversion)
Vitamin D	D3 (cholecalciferol)	D2 (ergocalciferol — less effective at raising blood levels)

Calcium	Calcium citrate (better absorption, especially with low stomach acid)	Calcium carbonate (requires stomach acid; less ideal for older women)
Iron	Iron bisglycinate (gentle on GI tract)	Iron sulfate or ferrous sulfate (common GI side effects)
Zinc	Zinc bisglycinate or picolinate	Zinc oxide (poor absorption)

Red Flags on a Supplement Label

- Proprietary blends without individual ingredient doses
- Magnesium listed without specifying the form (almost certainly oxide)
- Folic acid instead of methylfolate in a B-complex or multivitamin
- CFU count "at time of manufacture" rather than at expiration (for probiotics)
- "Clinically proven" without citation of actual clinical trials
- Mega-doses of fat-soluble vitamins A, D, E, K without medical supervision
- Long lists of ingredients at unspecified or trace doses
- No batch testing or certificate of analysis available

What Doesn't Work (Or Isn't Worth It)

This is the section most supplement companies would never publish. FFF includes it because knowing what not to take is as important as knowing what to take — and because recommending everything diminishes the credibility of recommending anything.

Collagen in your coffee creamer	Evidence: Moderate
The collagen peptides in collagen coffee creamers are typically present at 1-2g per serving — well below the 5-10g dose used in clinical trials showing skin benefits. The marketing is ahead of the dose.	
Biotin for hair growth (without deficiency)	Evidence: Weak
Biotin deficiency does cause hair loss, and correcting deficiency improves it. But the majority of women taking biotin for hair growth are not deficient. In the absence of documented deficiency, high-dose biotin supplementation has little evidence for hair growth and notably interferes with thyroid and cardiac blood tests — a meaningful safety concern.	
Detox and cleanse supplements	Evidence: None
The liver and kidneys detoxify the body continuously and effectively without supplemental assistance. No supplement "detoxes" the liver. Products making detox claims are exploiting a concept that doesn't reflect human physiology. The only documented "detox" is abstaining from the substance causing the toxic load — alcohol, processed foods, environmental chemicals.	
Fat burners and metabolism boosters	Evidence: Weak to None
The category broadly has weak evidence, significant safety concerns (many contain stimulants at concerning doses), and outcomes far smaller than marketing suggests. The supplements with genuine metabolic benefit — berberine, chromium, omega-3s — are already covered in this guide under their evidence-based applications.	
Most proprietary "hormone balance" blends	Evidence: Insufficient
Products marketed as "hormone balancing" typically contain 8-15 herbal ingredients at unspecified doses. Without knowing the individual ingredient doses, it is impossible to evaluate whether any are at clinically relevant levels. Hormone balance during perimenopause requires medical evaluation and stage-specific management — not a proprietary blend.	
Wild yam cream (as progesterone substitute)	Evidence: None
Wild yam contains diosgenin, which can be chemically converted to progesterone in a laboratory. This conversion does not happen in the human body. Wild yam cream provides no progesterone and is not an alternative to prescribed micronized progesterone for women who need it.	

Safety and Interactions

Women over 40 are more likely to be on prescription medications than younger women. Several commonly used supplements have documented interactions with commonly prescribed drugs. This section covers the interactions most relevant to women in this demographic.

Important

Always disclose all supplements to your prescribing physician and pharmacist. This list covers the most common interactions but is not exhaustive. If you are on any prescription medication, a pharmacist can run a comprehensive supplement-drug interaction check at no charge.

Medication	Supplements to Flag	The Interaction
Thyroid Medication (Levothyroxine, Synthroid)	Calcium, Iron, Magnesium, Zinc	These minerals bind to thyroid medication and significantly reduce absorption. Take thyroid medication 4 hours apart from any of these supplements. Note: Ashwagandha may also affect thyroid hormone levels — discuss with your endocrinologist before using.
Blood Thinners (Warfarin, Eliquis, Xarelto)	Omega-3s, Vitamin E, Ginkgo, Garlic	Omega-3s at high doses (above 3g EPA+DHA) increase bleeding risk when combined with anticoagulants. Vitamin K affects warfarin specifically — keep intake consistent. Discuss omega-3 supplementation with your prescribing physician if you are on any blood thinner.
Antidepressants / SSRIs (Prozac, Zoloft, Lexapro)	St. John's Wort, 5-HTP	St. John's Wort significantly reduces the effectiveness of many medications including SSRIs through CYP450 enzyme induction. It also carries risk of serotonin syndrome when combined with SSRIs. 5-HTP taken alongside SSRIs increases serotonin activity and should only be used under medical supervision.
Statins (Atorvastatin, Rosuvastatin)	CoQ10, Red Yeast Rice	Statins deplete CoQ10 — supplementation is generally recommended and safe. Red yeast rice contains monacolin K, which is chemically identical to lovastatin — do not combine with statins; consult your physician.
Diabetes Medications (Metformin, Insulin)	Berberine, Chromium, Cinnamon	Berberine has blood sugar-lowering effects comparable to metformin. Combining with diabetes medication can produce hypoglycemia. These supplements are not appropriate for women on diabetes medication without medical supervision and blood sugar monitoring.

Blood Pressure
Medication

**Magnesium, CoQ10,
Potassium**

Magnesium and CoQ10 both have mild blood pressure-lowering effects that can be additive with antihypertensives. Monitor blood pressure when adding these supplements if on blood pressure medication.

Supplements to Use With Caution During Pregnancy or Breastfeeding

Several supplements commonly used during perimenopause are not studied in pregnancy and should be discontinued if pregnancy is confirmed. This includes ashwagandha, berberine, maca, and high-dose vitamin A. Women who are still in perimenopause and could become pregnant should note this.

Supplements and Upcoming Medical Tests

High-dose biotin (above 5,000mcg) interferes with several common blood tests including thyroid function tests (TSH, T3, T4) and cardiac troponin tests, potentially producing falsely normal results. Stop biotin supplementation 48-72 hours before any blood test. Inform your lab or ordering physician if you take biotin regularly.

The FFF Daily Essentials Connection

The FFF Daily Essentials supplement line was developed specifically for women navigating perimenopause and menopause — each product formulated around the clinical evidence for this specific transition, not general adult wellness. Here is how each product maps to the guide you have just read.

Essential Multi	The Foundation Stack — Multivitamin
Active B vitamin forms (methylfolate, methylcobalamin, P5P), vitamin D3, zinc bisglycinate, selenium. Iron-free formulation appropriate for postmenopausal women. Fat-soluble vitamins in forms requiring food for optimal absorption.	
Women's Probiotic 60B	The Foundation Stack — Probiotic
Multi-strain formula with named strain identifiers, 60 billion CFU with shelf-life guarantee, acid-resistant delivery technology. Strains selected for gut health, estrobolome support, vaginal microbiome health, and mood through gut-brain axis.	
Ashwagandha Balance	Targeted: Sleep and Anxiety
KSM-66 standardized extract — the form used in the clinical trials showing cortisol reduction, anxiety improvement, and sleep quality benefit in perimenopausal women. Evidence-supported dose twice daily.	
Glucose Shield	Targeted: Blood Sugar and Cravings
Berberine + chromium picolinate + Ceylon cinnamon extract + alpha-lipoic acid. Four complementary mechanisms addressing insulin sensitivity, insulin receptor activity, post-meal glucose response, and oxidative stress.	
DigestaMax Plus	Targeted: Gut Health and Bloating
Full-spectrum digestive enzyme blend: protease, lipase, amylase, lactase, cellulase. Taken with meals to address the digestive enzyme production decline that accelerates during perimenopause.	
Women's Probiotic 60B	Targeted: Gut and Vaginal Health (also Foundation)
The same product serves double duty — foundation microbiome support and targeted support for vaginal health through Lactobacillus strains specific to vaginal microbiome maintenance.	
Collagen Ageless Essence	Targeted: Skin, Hair, and Joints

Hydrolyzed Type I and III collagen peptides at the evidence-supported dose, alongside vitamin C as the collagen synthesis cofactor. Molecular weight optimized for skin fibroblast stimulation and bone matrix support.

Crave Balance

Targeted: Blood Sugar and Cravings

Chromium + 5-HTP + adaptogenic herbs addressing both the blood sugar mechanism of cravings and the serotonin-mediated carbohydrate craving that estrogen decline allows to emerge.

Maca Pure

Targeted: Energy and Motivation

Certified organic gelatinized Peruvian maca at the evidence-supported dose. Gelatinized form for better bioavailability and tolerability than raw maca powder. Non-estrogenic mechanism through HPA axis.

Inner Circle Pricing

As an FFF Inner Circle member you have access to member pricing on all Daily Essentials products. Check your member email for your exclusive discount code. Not yet a member? Join free at fitfirmandfabulous.com — membership includes the complete Free Library, early access to everything new, and ongoing member pricing.

Quick Reference Chart

Your complete supplement reference on two pages. Screenshot it, print it, keep it.

THE FOUNDATION STACK — Start here before any targeted add-ons				
Supplement	Dose	Form	When	FFF Product
Vitamin D3	1,500-2,000 IU	D3 (cholecalciferol)	Morning, with food	Essential Multi + separate D3
Magnesium Glycinate	300-400mg	Glycinate or threonate	1 hr before bed	Essential Multi + separate Mg
Omega-3 (EPA+DHA)	1-2g EPA+DHA	Triglyceride form	Morning, with food	Separate omega-3 supplement
Women's Probiotic	10-60B CFU	Multi-strain, named strains	Morning, with food	Women's Probiotic 60B
Multivitamin (40+)	Per label	Methylfolate, methylcobalamin	Morning, with food	Essential Multi

TARGETED ADD-ONS — Add after foundation is established, one at a time			
Concern	Supplement	Dose	FFF Product
Sleep / Anxiety	Ashwagandha KSM-66	300mg 2x daily	Ashwagandha Balance
Sleep / Anxiety	L-Theanine	100-200mg at bed	Separate supplement
Energy / Motivation	Maca Root (gelatinized)	3-3.5g daily	Maca Pure
Blood Sugar / Cravings	Berberine	500mg 3x with meals	Glucose Shield
Blood Sugar / Cravings	Chromium Picolinate	200-400mcg daily	Glucose Shield
Gut / Bloating	Digestive Enzymes	With each meal	DigestaMax Plus
Gut / Bloating	Glutamine	5g on empty stomach	Separate supplement
Skin / Hair / Joints	Collagen Peptides	5-10g daily	Collagen Ageless Essence
Skin / Hair / Joints	Vitamin C	500-1,000mg daily	Collagen Ageless Essence

AVOID OR APPROACH WITH CAUTION

- Biotin above 5,000mcg without confirmed deficiency (interferes with blood tests)

- Wild yam cream (does not provide progesterone)
- Proprietary hormone balance blends (undisclosed doses)
- Detox/cleanse supplements (no evidence, no mechanism)
- Fat burners with stimulant stacks (safety concerns outweigh modest benefits)
- Generic adult multivitamins with oxide minerals and folic acid instead of methylfolate

DISCLAIMER

This guide is for educational purposes only and does not constitute medical advice. Supplement recommendations are general and may not be appropriate for your individual health situation. Always consult your healthcare provider before beginning any new supplement, particularly if you are on prescription medications, have a chronic health condition, or are pregnant or breastfeeding. Individual results vary. The FFF Daily Essentials supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease.

fitfirmandfabulous.com • Inner Circle Free Library • © Fit Firm & Fabulous

NOURISH YOUR BODY. SUPPORT YOUR LIFE.



Your body’s needs change after 40—and the right nutritional support can help you feel your best every day. This guide breaks down the essential supplements women over 40 should know about, so you can make confident choices for your health, hormones, energy, and longevity.

IN THIS GUIDE, YOU’LL DISCOVER:



KEY NUTRIENTS EVERY WOMAN NEEDS

A breakdown of essential vitamins, minerals, and nutrients that support your body after 40.



HORMONE, ENERGY & MOOD SUPPORT

Supplements that help support hormonal balance, steady energy, and a positive outlook.



IMMUNE, BONE & HEART HEALTH

Support for the systems that keep you strong, resilient, and thriving.



HOW TO CHOOSE WHAT’S RIGHT FOR YOU

Simple tips to build a supplement routine that fits your body, your goals, and your lifestyle.



*Fit Firm
& Fabulous*

— NO PERFECTION. JUST PROGRESS. —

At Fit Firm & Fabulous, we believe every woman deserves to feel strong, confident, and vibrant at every stage of life.

**YOU’VE GOT THIS. WE’RE HERE TO
SUPPORT YOU EVERY STEP OF THE WAY.**

fitfirmandfabulous.com