

# Super Nutrition for Menopause: Take Control of Your Life and Enjoy New Vitality // 226 pages // 9780895298775 // 1998 // Ann Louise Gittleman // Penguin, 1998

If you want to see detail of Super Nutrition for Menopause: Take Control of Your Life Now and Enjoy New Vitality . Please click on the [Get Discount Price Here](#). Everything You Need to Know About Menopause: A Comprehensive Guide To Surviving - And Thriving - During This Turbulent Life Stage is a promotional item. To increase sales of the product. It can make you love it. Everything You Need to Know About Menopause: A Comprehensive Guide To Surviving - And Thriving - During This Turbulent Life Stage is a great product. Quality of work. Menopause and Beyond: New Wisdom for Women. #DISCOUNT Menopause with Science and Soul: A Guide #DISCOUNT The Menopause Self Help Book. #DISCOUNT The Pause (Revised Edition): The Landmar Yes I have been taking menopause support for over 10 years. Posted by iHerb Customer on September 28 2019 Thanks for your feedback!Report. Was this answer helpful to you? 1. 0. See more answers (2) Collapse answers. Question For more information on our use of your personal information and your rights, see our [Privacy Policy](#). About. About Us. Supplier Partners. We Give Back. Rewards Program. Influencers. Calcium is vital for bone health and is especially important during menopause when the decrease in estrogen makes women prone to osteoporosis. "Women are five times more likely to develop osteoporosis than men are," says Ross. While the best source of calcium is food, if you're not meeting your quota (1,000 to 1,200 mg for menopausal women) through diet, calcium supplements may be a wise choice. Speak to your doctor to weigh the pros and cons, though, since calcium supplements have been associated with an increased risk of heart attack. Vitamin D "Vitamin D is a super-vitam