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