



30 Supplements for Your 30s



Your Guide



Hello there!

Essential Supplements for Women in Their 30s: Nourishing Your Body and Mind

In our 30s, we're navigating a lot—careers, relationships, wellness—while our bodies are changing in ways we might not always notice but definitely feel. Stress, sleep, hormones, and overall health become even more important, which is why it's key to build a routine that supports both your mind and body. Supplements can really help fill in the gaps, manage stress, and boost your overall wellness.

In this ebook, we'll dive into the supplements that can help with stress, appetite, sleep, hormones, and more. We'll also look at adaptogens and other essentials you might want to add to your wellness plan.

Andrea & Nicole

Your Registered Health & Nutrition Coaches

Choosing the right supplement

It's hard to know what supplements to take, when to take them, or even if you need them at all. The truth is, choosing the right supplements requires a detailed look at your lifestyle, environment, physical health, diet, and any underlying conditions. Working with your healthcare provider and a certified nutrition coach is essential for making informed choices. In the meantime, doing your own research can be a good starting point.

As registered healthcare professionals and certified health and nutrition coaches, we know that supplements should be personalized. This guide outlines some of the most common supplements women in their 30s might consider, but remember—it's not a one-size-fits-all solution. A thorough health assessment is key to understanding which supplements may benefit you.

Use this as a general guide and always check with your healthcare provider before starting anything new. For us personally, we choose supplements based on what's happening in our lives at any given time—whether it's balancing work, managing fatigue, handling stress, or adjusting to the demands of motherhood. Like many women, we've had moments when poor eating habits or stress signaled the need to supplement our nutrition. Our choices have shifted as life changes.

Disclaimer: Although we are healthcare professionals, this guide is intended for general informational purposes only and does not recommend specific supplements. It's important to consult with your healthcare provider to create a personalized plan that suits your individual needs.



"Remember- it's not a once-size-fits all. A thorough health assessment is key to knowing which supplements may benefit you."



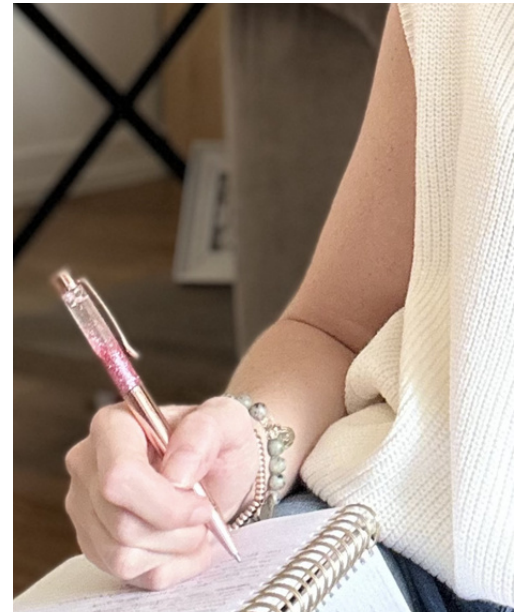
Which One?

Achieving overall wellness means supporting every aspect of your health, from physical vitality to mental clarity. Supplements can play a key role in filling nutritional gaps, boosting energy, and enhancing your body's natural ability to thrive. Whether it's maintaining balanced hormones, managing stress, or supporting your immune system, the right supplements can help optimize how you feel day to day. Remember, supplements work best when paired with a balanced diet, regular exercise, and good self-care habits. Consider this guide a starting point for your wellness journey, but always consult with a healthcare provider to create a personalized plan that meets your unique needs.



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01 Overall Wellness

Omega-3 fatty acids, Vitamin D, and probiotics each play a vital role in supporting overall wellness. Together, they enhance immune function, stabilize mood, reduce inflammation, improve digestion and contribute to a balanced and healthier lifestyle.

Omega-3 Fatty Acids (Fish Oil)

- **What It Does:** Omega-3s are essential for brain health, reducing inflammation, and supporting heart health. They also help with mood regulation and joint support, both of which are crucial as we age.
- **Recommended Dose:** 1000-2000 mg of combined EPA/DHA daily
- **Best Sources:** Fish oil or algae oil (plant-based option)

Vitamin D

- **What It Does:** Often called the "sunshine vitamin," Vitamin D is vital for bone health, immune support, and mood regulation. Many women are deficient, especially those who live in areas with limited sunlight.
- **Recommended Dose:** 2000-4000 IU daily
- **Tip:** Get your vitamin D levels tested to determine if you need a higher dose.

Probiotics

- **What It Does:** A healthy gut is key to overall wellness. Probiotics help balance the gut microbiome, which affects digestion, immunity, and even mental health. Look for strains like Lactobacillus and Bifidobacterium.
- **Recommended:** 1-10 billion CFUs daily depending on strain
- **Best Forms:** Capsule or fermented foods (e.g., yogurt, kefir)



02 Stress Management

This space could contain the story behind the publication. Share interesting facts about your journey. You can also talk about your experience while getting the book together. A direct quote is another option!

MAGNESIUM

- **What It Does:** Magnesium plays a vital role in calming the nervous system, reducing cortisol levels (the stress hormone), and promoting relaxation. It's also involved in muscle function, making it useful for easing tension and headaches related to stress.
- **Recommended Dose:** 200-400 mg daily
- **Forms:** Magnesium glycinate or magnesium citrate are preferred forms for stress management as they are easily absorbed.

B-Complex Vitamins

- **What It Does:** B-vitamins, particularly B6, B9 (folate), and B12, are crucial for maintaining a healthy nervous system, supporting brain function, and managing mood. They help convert food into energy and lower stress and anxiety by regulating neurotransmitters.
- **Recommended Dose:** 50-100 mg of a B-complex supplement daily
- **Key Vitamins:** Look for a full B-complex, which includes B1, B2, B3, B5, B6, B7 (biotin), B9, and B12.

L-Theanine

- **What It Does:** Found naturally in green tea, L-theanine promotes relaxation without causing drowsiness. It helps reduce anxiety, improve focus, and ease mental tension.
- **Recommended Dose:** 100-200 mg daily
- **Best For:** Situational stress relief; can be taken during high-stress days.

03 Appetite Control

Chromium

- What It Does: Chromium helps regulate blood sugar levels, which in turn can reduce sugar cravings and assist in appetite control. It's especially useful for women struggling with overeating or energy crashes throughout the day.
- Recommended Dose: 200 mcg daily
- Note: Chromium is most effective when paired with a balanced diet rich in whole foods.

Glucomannan

- What It Does: This water-soluble fiber helps with weight management by promoting a feeling of fullness and reducing hunger. It's often used to help control appetite and regulate digestion.
- Recommended Dose: 1 gram three times daily, taken 30 minutes before meals
- Tip: Be sure to drink plenty of water when taking glucomannan.

04 Sleep Support



Melatonin

- What It Does: Melatonin is the hormone responsible for regulating sleep-wake cycles. As we age, natural melatonin levels can decrease, leading to disrupted sleep patterns. Supplementing with melatonin can help reset your internal clock and promote restful sleep.
- Recommended Dose: 1-3 mg 30 minutes before bedtime
- Tip: Start with the lowest dose to avoid grogginess in the morning.

Magnesium (Again!)

- What It Does: In addition to stress relief, magnesium supports better sleep by calming the muscles and nervous system. It helps regulate GABA, a neurotransmitter that promotes sleep.
- Recommended Dose: 200-400 mg, taken in the evening
- Best Form: **Magnesium glycinate** is particularly effective for sleep.

Valerian Root

- What It Does: Valerian is a herbal remedy known for its calming and sedative properties. It works to reduce the time it takes to fall asleep and improve sleep quality.
- Recommended Dose: 300-600 mg 30 minutes before bedtime
- Note: May cause grogginess in some people, so use with caution

05 Hormonal Balance

Evening Primrose Oil

- What It Does: Evening primrose oil contains gamma-linolenic acid (GLA), which helps reduce PMS symptoms, regulate hormones, and alleviate breast tenderness.
- Recommended Dose: 500-1000 mg daily
- Note: Best taken during the luteal phase (second half) of your cycle.

Vitex (Chaste Tree Berry)

- What It Does: Vitex is an herbal remedy that helps balance progesterone and estrogen levels. It's commonly used to treat PMS, irregular periods, and symptoms of perimenopause.
- Recommended Dose: 400 mg daily
- Tip: Vitex works best when taken consistently for several months.

Maca Root

- What It Does: Known for balancing hormones, particularly estrogen and progesterone, and supporting overall vitality and libido.
- Recommended Dose: 1,500-3,000 mg per day.

Selenium

- What It Does: Supports thyroid function and helps maintain a healthy balance of hormones, particularly in relation to estrogen and progesterone.
- Recommended Dose: 55-100 mcg per day.

DIM (Diindolylmethane)

- What It Does: A compound found in cruciferous vegetables that helps balance estrogen metabolism and promote healthy estrogen levels.
- Recommended Dose: 100-200 mg per day.

06 Adaptogens for Resilience



Ashwagandha

- What It Does: Ashwagandha is an adaptogen that helps the body adapt to stress and supports adrenal health. It can reduce cortisol levels, improve mood, and boost energy.
- Recommended Dose: 300–600 mg daily
- Best Form: Ashwagandha root extract

Rhodiola Rosea

- What It Does: Another powerful adaptogen, Rhodiola helps enhance mental clarity, reduce fatigue, and improve resilience to physical and mental stress.
- Recommended Dose: 200–400 mg daily
- Best Use: Take in the morning to combat fatigue and promote focus.

07 Additional Supplements



Collagen

- What It Does: Collagen is essential for skin elasticity, joint health, and maintaining strong hair and nails. As we age, natural collagen production decreases, so supplementing can help maintain a youthful appearance and strong connective tissue.
- Recommended Dose: 10 grams daily
- Tip: Look for hydrolyzed collagen peptides for better absorption.

CoQ10

- What It Does: Coenzyme Q10 is an antioxidant that supports cellular energy production and heart health. It also helps combat oxidative stress, which is linked to aging.
- Recommended Dose: 100-200 mg daily
- Best Form: Ubiquinol, the active form of CoQ10

Multivitamin

- What It Does: Covers a wide spectrum of vitamins and minerals to fill gaps in your diet.
- Recommended Dose: Follow the instructions on the label (typically 1 daily).

B12 (Cobalamin)

- What It Does: Essential for energy, cognitive function, and red blood cell production.
- Recommended Dose: 250-500 mcg per day (higher doses may be needed if deficient).

Vitamin C

- What It Does: Supports immune function, collagen production, and acts as a powerful antioxidant.
- Recommended Dose: 500-1,000 mg per day.

07 Additional Supplements



Folate (Vitamin B9)

- What It Does: Crucial for DNA repair, cell growth, and a healthy pregnancy.
- Recommended Dose: 400 mcg per day, higher for pregnant women (600-800 mcg).

Zinc

- What It Does: Supports immune function, skin health, and hormone balance.
- Recommended Dose: 8-11 mg per day.

Turmeric (Curcumin)

- What It Does: A potent anti-inflammatory that supports joint health, digestion, and reduces overall inflammation.
- Recommended Dose: 500-1,000 mg of curcumin (with black pepper for better absorption) per day.

Iron

- What It Does: Supports red blood cell production and helps with energy levels.
- Recommended Dose: 18 mg per day (for menstruating women). Higher doses may be required if you have a deficiency, but consult your doctor.

Calcium

- What It Does: Supports bone health and helps prevent bone density loss.
- Recommended Dose: 1,000 mg per day (1,200 mg for women over 50).

07 Additional Supplements



L-Theanine

- What It Does: Promotes relaxation and stress reduction without causing drowsiness.
- Recommended Dose: 100-200 mg per day.

Milk Thistle

- What It Does: Supports liver detoxification and promotes digestive health.
- Recommended Dose: 150-300 mg per day of silymarin extract.

Ginger

- What It Does: Aids digestion, reduces nausea, and has anti-inflammatory properties.
- Recommended Dose: 1-2 grams per day, typically in tea or supplement form.

Ginkgo Biloba

- What It Does: Supports cognitive function, memory, and mental clarity.
- Recommended Dose: 120-240 mg per day.

L-Carnitine

- What It Does: Aids fat metabolism and energy production, supporting fat loss and exercise performance.
- Recommended Dose: 500-2,000 mg per day.

Berberine

- What It Does: Supports healthy blood sugar levels, digestive health, and has anti-inflammatory properties.
- Recommended Dose: 500 mg, 2-3 times per day.

07 Additional Supplements



Hyaluronic Acid

- What It Does: Helps with hydration, skin elasticity, and joint lubrication.
- Recommended Dose: 100-200 mg per day.

Vitamin E

- What It Does: A potent antioxidant that supports skin health, immune function, and cardiovascular health.
- Recommended Dose: 15 mg (22.4 IU) per day.

Glutamine

- What It Does: Supports muscle recovery, gut health, and immune function.
- Recommended Dose: 5-10 grams per day.

Green Tea Extract

- What It Does: Boosts metabolism, supports fat loss, and provides anti-aging benefits.
- Recommended Dose: 250-500 mg per day of a standardized extract (50% EGCG).

Alpha-Lipoic Acid (ALA)

- What It Does: A potent antioxidant that helps with cellular energy production and blood sugar regulation.
- Recommended Dose: 300-600 mg per day.

... yes there is more than 30 but we like to give extra <3

Conclusion

Thank You!

Your 30s are a time of transformation, and the right supplements can help you feel your best through these changes. By managing stress, supporting sleep, balancing hormones, and nourishing your overall wellness, you can thrive in every aspect of your life. Remember, supplements are just one piece of the puzzle—pair them with a balanced diet, regular physical activity, and self-care practices for the best results. Always consult with your healthcare provider before starting any new supplement regimen to ensure it's the right fit for your body.



Services



Discovery Call

30 minutes to allow us to understand your needs, assess if we are the right coach for you, explain our approach, and discuss next steps.

Free

Client Intake Assessment

Review your personal information, health history, lifestyle habits, goals and objectives, challenges, preferences, and expectations. No sign up required.

\$85

1 Hour Coaching 1:1

Follow Up appointment service . Here we will review your plan, assess your progress, and make individualized suggestions.

\$85

1 Month Coaching

Weekly checks-ins to assess your plan and make individualized adjustments to align with your progress and goals, workbook, recipes, and text/email support.

\$300

IF YOU CHOOSE TO SIGN UP FOR MONTHLY OR 3-MONTH COACHING, WE WILL DEDUCT THE COST OF YOUR CLIENT INTAKE ASSESSMENT OR ONE-HOUR COACHING SESSION FROM YOUR PAYMENT.



The Ultimate Coaching Package

3-Month Program: Weekly one-on-one coaching sessions, support calls, and emails. Regular plan reviews and adjustments based on your progress to ensure it's tailored to your needs.

LET'S WORK TOGETHER

SUMMARY:

- ✓ Weekly One-on-One Coaching Sessions: Personalized coaching each week to address your specific goals, challenges, and progress.
- ✓ Support Calls and Emails: Stay connected with ongoing support through scheduled calls and responsive emails for additional motivation, answer your questions, and provide troubleshooting as needed.
- ✓ Regular Plan Reviews: To ensure it aligns with your evolving needs and progress. Adjustments are made as necessary to optimize effectiveness and support your journey.

YOUR INVESTMENT
\$750

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“At A&N Holistic Health our mission is to empower women to achieve holistic wellness by integrating personalized coaching with practical, sustainable strategies. We are dedicated to supporting you in balancing your life, enhancing your well-being, and embracing a healthier, more fulfilling lifestyle.”

- ANDREA & NICOLE

