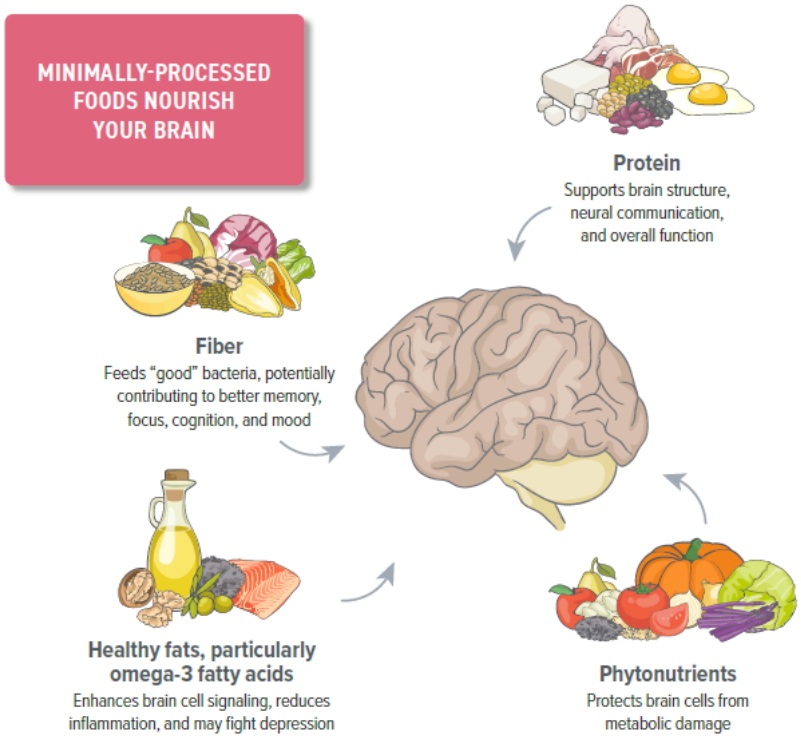
The Top Supplements That Actually Support Your Body Through Menopause



Listen, we know the feeling! One day you're cruising along, and the next, your body feels like it's been hijacked by a hormonal rollercoaster. Hot flashes, restless nights, and that frustrating "where did this come from?" weight gain. It's a lot!

But here is the good news: **You have the power to take your health into your own hands!**

At Fitnixx Coaching, we don't believe in just "dealing with it." We believe in thriving! While **strength training for women** is our bread and butter, what you put *into* your body matters just as much as what you do in the gym. Supplements aren't magic pills, but when you pair them with a personalized workout program, they are absolute game-changers for managing perimenopause and menopause symptoms.

Let's dive into the heavy hitters that actually work!

1. The Dynamic Duo: Vitamin D + Calcium

Your bones are your foundation! During menopause, falling estrogen levels can lead to a drop in bone density. We are not about to let that happen!

- **Vitamin D3:** Think of this as the "key" that unlocks calcium. Without enough D, your body can't absorb the calcium you're eating.

- **Calcium:** Essential for keeping those bones rock-solid.

Pro-Tip: Aim for around 1,000–1,200 mg of calcium daily through a mix of diet and high-quality citrate supplements. It's one of the best moves you can make for long-term **menopause fitness**!

2. Omega-3s: The Brain and Heart Heroes

Ever feel like you're walking through a mental fog? Or maybe you're worried about heart health as you age? Enter Omega-3 fatty acids! These healthy fats (found in fish oil) are incredible for:

- Lowering inflammation.
- Supporting "brain power" and focus.
- Promoting a healthy heart.

If you aren't eating oily fish three times a week, a high-quality EPA/DHA supplement is a must-have in your daily stack!

3. Ashwagandha: The Stress-Busting Superstar

We have to talk about Ashwagandha! This adaptogen is having a MAJOR moment in 2026, and for good reason. A recent 2026 Randomized Controlled Trial (RCT) showed that standardized ashwagandha root extract significantly reduced **Menopause Rating Scale (MRS)** scores!

Even cooler? The study showed it actually helped **improve serum estradiol levels** in women! That means fewer hot flashes, better mood, and a much-needed break from the stress. If you're feeling "wired but tired," this is your secret weapon.

4. Magnesium for Sleep and Sanity

Can’t sleep? Muscle cramps? Magnesium is the mineral of 1,000 uses! We love **Magnesium Glycinate** specifically because it’s super gentle on the stomach and incredibly effective for relaxation. Taking this before bed can help you drift off faster and stay asleep longer. Better sleep = better recovery = more energy for your **perimenopause fitness** routine!

5. Creatine: Not Just for Bodybuilders!

If you’ve been following us for a while, you know we preach the gospel of **strength training for women**. But did you know Creatine is one of the most researched supplements for women in menopause?

- **Muscle Preservation:** It helps you keep that hard-earned muscle as you age.
- **Brain Health:** It’s been shown to help with cognitive function and "brain fog."
- **Power:** It gives you that extra "oomph" to crush your sessions in our private garage gym!

6. Protein: The Building Block of Life

You cannot build a house without bricks, and you cannot build (or keep!) muscle without protein. As we move through menopause, our bodies become less efficient at processing protein. This means you actually need *more* of it!

Whether it's through whole foods or a clean whey/vegan powder, hitting about 25-30g of protein per meal is non-negotiable for **menopause weight loss** and muscle preservation.

7. Phytoestrogens & Red Maca

For those dealing with the "internal furnace" of hot flashes, plant-based supports like **Soy Isoflavones** (phytoestrogens) and **Red Maca** can provide significant relief. They mimic and moderate estrogen just enough to help take the edge off those vasomotor symptoms without the intensity of full HRT.

8. Boost Your Routine with Adaptogens

Nikki is a huge fan of using nature’s tools to sharpen the mind and body. These are just a couple I recommend:

- **Rhodiola:** For physical endurance and fighting fatigue.
- **Lion’s Mane:** The ultimate "brain booster" for clarity and focus.

Support Your Journey with Fitnixx Favorites!

We don't just talk the talk; we provide the tools! In our private studio, we carry some of our absolute favorite supplemental supports to help you feel your best every single day:

- **Good Vibes Juice (Boost Immunity):** Keep your immune system firing on all cylinders so you never miss a workout!
- **Turmeric Daily Shot:** The ultimate anti-inflammatory! Perfect for soothing joints and helping you recover from those heavy lifting sessions.
- **Shroom Soda:** Functional Mushroom adaptogen tinctures which include Reishi, Cordyceps, Lion's Mane, and Turkey's Tail.

Put it All Together!

Supplements are the "icing on the cake," but the "cake" is your lifestyle! Combining the right nutrients with a **personal trainer near me** (that's us!) who understands the unique needs of the menopausal body is the fastest way to see results.

We promise **effortless fat burn, strength building, and peak fitness**! Imagine having more energy, better sleep, and a body that feels strong and capable. That is the Fitnixx way!

Ready to get started?

Stop guessing and start progressing! We offer a completely non-judgmental, supportive environment right here in Bowmanville. Whether you're a fitness beginner or a busy professional, we have a plan for you.

Book your FREE consultation via Calendly right here!

Let’s get those good vibes flowing and take your health to the next level!

Come get yours!