Vitamins and Supplements for Teens and Women

Everyone, regardless of their gender or age, should be focusing on health and proper nutrition. As a woman, there are certain vitamins that can really help with your physical and mental health, particularly with diseases and medical conditions you are at a higher risk for.

**Antioxidants**

You guessed it – you need your antioxidants! There are many medical conditions as a woman that can be affected by malnutrition, which is often so subtle you don’t realize it. A good place to start is by making sure you are getting the vitamins classified as antioxidants, which are vitamins C, A, and E. Vitamin C is easy to get from citrus fruits and vegetables like broccoli. You also want to try to get more vitamin A and E, all of which can help with your heart, illnesses, and infections in your body. Vitamin supplements are available if you don’t think you get enough of these vitamins through your diet.

**B Vitamins**

The next class of vitamins essential for women are the B vitamins. There are many different B vitamins, including B complex supplements and the B vitamins individually. All of them are important for you to grow healthy and strong, from a child to a senior woman. For example, vitamin B1 helps you to get more energy, while B5 is good for balancing your hormones. If you are in your reproductive years, folate or B9 is important to grow a healthy baby. You can get B vitamins through natural food sources or with a multi-vitamin that you take each day.

**Vitamin D**

Don’t forget about your vitamin D, which you can get from a number of different natural food sources. Vitamin D is going to help you build strong bones, which is essential for preventing conditions like osteoporosis. As you know, women are at a high risk for such diseases. Vitamin D can also help to improve your immune system and help give you more natural energy throughout the day. The best source of vitamin D comes right from the sun’s UV rays.

**Vitamin K**

Lastly, you should try to get adequate amounts of vitamin K each day, either with a supplement or with foods like blueberries, broccoli, and spinach. Vitamin K is great for your immunes system, helping you to fight off colds and other illnesses. It can also help with your digestive health and promote healthy gut bacteria.