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Here are 7 to try

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It's common for some women over 40 to experience a sputtering sex drive, sluggish metabolism, lethargic energy levels, fluctuating moods and other cruel machinations of the aging process.

But life after 40 doesn't have to be left to Mother Nature's fate. Consider getting plenty of exercise, modifying your diet and taking these seven best supplements for women over 40:

1. STRONTIUM: Women over 40 with a family history that includes osteoporosis, or risk factors associated with bone loss should take 340 mg a day of this mineral, says Dr. Jacob Teitelbaum, medical director of the national Fibromyalgia and Fatigue Centers. "Strontium has been shown to be almost twice as effective as osteoporosis medications in improving bone density, without the side effects," Teitelbaum says.

2. RIBOSE: Another "under-the-radar" nutrient, largely ignored in the \$25 billion supplement market, ribose can help increase energy by an average of approximately 60 percent

after three weeks, according to Teitelbaum, who co-wrote a small study, published in the *Journal of Alternative and Complementary Medicine*.

3. VITAMIN D3: The benefits of vitamin D3 are numerous, and so many people are deficient nationwide, even in the "sunshine" states, says Dr. Keith Wharton, medical director of BodyLogicMD of Pittsburgh.

4. FOLATE: One of the B vitamins, folate may also help prevent or improve episodes of depression, according to an editorial in the *Journal of Psychiatry and Neuroscience*.

5. CALCIUM: When taken in conjunction with adequate levels of vitamin D, calcium absorption is maximized. Just be careful not to take your calcium supplements with iron or caffeine. Both bind calcium in the gut and impede absorption.

6. HYDROCHLORIC ACID: While the name might conjure an image of a chemical weapon used by an evil dictator, hydrochloric acid (aka HCL or betaine hydrochloride) is the main digestive juice in the stomach, along with pepsin.

Levels of HCL taper off after age 40, so women who experience bloating or indigestion may want to supplement with HCL.

7. PROBIOTICS: Many people are aware that probiotics are good for restoring the healthy bacteria in our digestive tracts, but can probiotics also help prevent urinary tract infections? It may be possible in some circumstances.

