

Women's Health Supplements

Support across the female life cycle - iron and energy, bone strength, cycle and PMS comfort, and urinary wellness.

- Iron
- Folate
- Bone
- PMS
- Urinary

18 mg

iron RDA for menstruating women - more than men need

1 in 3

reproductive-age women have low iron stores

400 mcg

folate for cell health and pregnancy readiness

50+

bone protection becomes a priority after menopause

What this category covers

Women's health supplements address needs that shift across the life cycle. Menstruation raises iron demand, making low iron and the fatigue it causes common; folate supports cell health and pregnancy readiness; and calcium with vitamin D protects bone, which becomes especially important around and after menopause. Others target cycle-related comfort - magnesium and chasteberry for PMS - and cranberry for urinary wellness. The right mix depends on your stage of life more than any single formula.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Vitamin D	1,000 - 2,000 IU	Bone, immune & mood support	Strong
Iron	18 mg	Corrects menstrual iron loss & fatigue	Strong
Calcium	500 - 1,000 mg	Bone density, esp. post-menopause	Strong
Folate	400 mcg	Cell health & pregnancy readiness	Strong
Magnesium	200 - 400 mg	PMS, sleep & muscle comfort	Moderate
Cranberry (PACs)	36 mg PACs	Urinary tract wellness	Moderate
Omega-3	1 g	Heart, mood & cycle comfort	Moderate
Chasteberry (vitex)	20 - 40 mg	Cycle regularity & PMS	Moderate

How it helps

Support maps to life stage - energy, bone, cycle comfort, and urinary wellness.



Iron & energy

Iron and folate replace what menstruation depletes, addressing a leading cause of tiredness and low mood in women.



Bone protection

Calcium and vitamin D help preserve bone density as estrogen's protective effect fades around menopause.



Cycle & PMS comfort

Magnesium, B6, and chasteberry are used to ease PMS symptoms and support a more regular cycle.



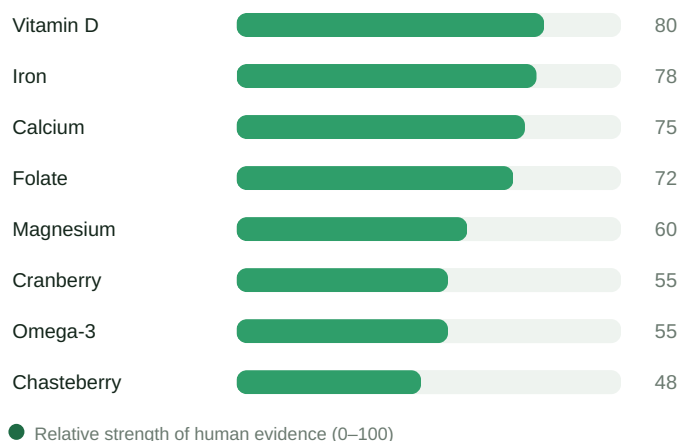
Urinary wellness

Cranberry proanthocyanidins help keep bacteria from adhering to the urinary tract lining.

The data at a glance

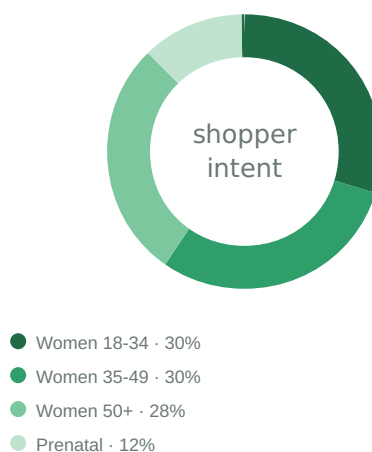
Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for the stated role.



Who buys this category

Illustrative demand mix by stage.



Who it's for & how to use

Best for

Menstruating women prone to low iron, women protecting bone around menopause, and those seeking PMS or urinary support.

When to take

Take iron with vitamin C, away from calcium and coffee; split calcium into 500 mg doses with food; chasteberry in the morning, consistently across cycles.

What to pair

Iron with vitamin C; calcium with vitamin D; magnesium with B6 for PMS.

Safety & interactions

- Only supplement iron if you're low - test ferritin first, as excess iron is harmful and often constipating.
- Chasteberry can affect hormones and hormonal medications and should be avoided in pregnancy - check first.
- Keep calcium and iron at separate times, since they block each other's absorption.
- Cranberry supports urinary wellness but does not treat an active infection - see a clinician for UTI symptoms.
- New or severe changes in cycle, heavy bleeding, or pelvic pain warrant medical review.

Frequently asked

Do I need an iron supplement?

Only if you're low. Many menstruating women are, which causes fatigue - but a ferritin blood test should confirm it, because too much iron is harmful.

Does cranberry prevent UTIs?

Cranberry proanthocyanidins can help reduce recurrent UTIs for some women by limiting bacterial adhesion. They're preventive support, not a treatment for an active infection.

Can magnesium help PMS?

Magnesium, often with vitamin B6, is used to ease PMS symptoms like cramps, mood changes, and water retention, with reasonable supporting evidence.

Why is folate recommended even if I'm not pregnant?

Folate supports normal cell division and prepares the body for a possible pregnancy, since the earliest, most folate-dependent weeks can pass before pregnancy is known.

Featured products

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