

## The One Vitamin You Should Take in Your 30s (and 40s, 50s, 60s)

Source: *MSN Lifestyle*



### In your 30s

If you're trying to get pregnant in your 30s, it's important to increase your intake of folic acid, which (in addition to reducing the likelihood of certain birth defects) reduces your likelihood of having a heart attack or stroke. If you're trying not to get pregnant and you're on birth control, you might want to up your zinc and magnesium intake since some forms of prescription contraception can deplete your body of those minerals.

### In Your 40s

Vitamin D is important for everyone, but an adequate supply in your 40s is especially crucial, since vitamin D deficiencies often correlate with illnesses that typically first appear in your 40s like cancer, osteoporosis and heart disease.

### In Your 50s

Essential for blood and brain function, vitamin B12 starts to be more poorly absorbed by the body starting at around age 50, making it important to up your intake. You should also start

taking a multivitamin specifically for women over 50, which have less iron than multivitamins for younger women and additional B12 to adjust to your body's changing needs.

### **In Your 60s**

Post-menopause, it's crucial to get enough potassium to decrease your risk of stroke. On top of that, sexagenarians should aim to take omega-3s, which may help relieve symptoms of arthritis.