AgelessCoach
AGE STRONG. LIVE LONG.

Current guidance
NIH Office of Dietary Supplements · National Institute on Aging · Office on Women's Health

The Multivitamin Checklist

What changes on the label after 51, and what should stay.

8
MG · THE IRON RDA
FOR WOMEN 51 AND OLDER

1 Check the iron line on your label

Most women's multis still carry a full day of iron

- [ ] Find the Iron row in the Supplement Facts panel. Read the mg figure and the % Daily Value.
- [ ] A multi showing 100% DV for iron is handing you 18 mg, whether or not you still need it.
- [ ] The label percentage uses 18 mg, the Daily Value for adults and children 4 and older.
- [ ] Write the number down. You are going to compare it to the one in the next band.

2 Know your number after menopause

The requirement falls once periods stop for good

- [ ] Women 19 to 50 have an iron RDA of 18 mg a day. From age 51 the RDA is 8 mg a day.
- [ ] The average age of menopause in the United States is 52, so the timing lines up closely.
- [ ] That is a drop of more than half, and it tracks the end of monthly blood loss.
- [ ] The Tolerable Upper Intake Level for adults stays at 45 mg a day from all sources.

Menopause is confirmed only after a full year with no period or spotting. Until then, do not assume the lower number applies to you.

3 Keep what your body still needs more of

Dropping iron is not the same as dropping everything

- [ ] After menopause bone loss speeds up, so calcium and vitamin D still matter.
- [ ] It also lists 600 IU of vitamin D a day for women 51 to 70, and 800 IU from 71.
- [ ] So plan calcium separately. The multi is not doing that job for you.
- [ ] Office on Women's Health: women 51 and older should get 1,200 mg of calcium a day.
- [ ] This formula leaves calcium and magnesium out on purpose, to be taken hours apart.

4 Use a 55+ formula built without iron

Match the bottle to the life stage you are in now

- [ ] Look for a multivitamin whose label states plainly that it is crafted without iron.
- [ ] Take it any time of day, with food or without, whichever you will actually keep up.
- [ ] Confirm it still carries vitamin D, an active B12 and choline at stated amounts.
- [ ] Bring the bottle to your next appointment along with everything else you take.

THE BOTTLE THIS PLAN WAS BUILT AROUND

MegaFood Women's 55+ Advanced Multivitamin

Crafted without iron, with vitamin D, methylated B12 and choline. About 90 cents a day.

Shop the bottle →

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