

MEN'S HEALTH MONTH

IMPORTANT VITAMINS AND MINERALS FOR MEN

1 VITAMIN D

Men need vitamin D to produce enough testosterone, maintain strong bones, protect brain health, prevent mood disorders, and help control cholesterol and blood pressure.

2 VITAMIN B12

Most men usually consume the daily B12 they need but often have trouble with proper absorption of vitamin B12 due to medication use, especially older men taking several prescriptions at once.

3 ANTIOXIDANTS

Vitamins A, C, and E fight free radical damage, which in turn fights aging and diseases related to aging.

4 VITAMIN K

Vitamin K is important for building and maintaining strong bones, blood clotting, and preventing heart disease- the number one cause of death among US adult men.

5 MAGNESIUM

It plays a part in regulating calcium, potassium, and sodium levels, helping prevent conditions like high blood pressure, muscle spasms, headaches, and hear disease.



6 OMEGA 3

Omega 3s can improve many things from eye health to heart health but promoting a healthy brain may be one of the most important benefits.

7 POTASSIUM

Low potassium raises the risk for cardiovascular problems, especially high blood pressure, which affects about 1 in every 3 adult men.