

— FAT LOSS · ENERGY · RECOVERY

The Supplement Guide for Women Who Are Done Guessing

A no-fluff breakdown of what actually supports fat loss, energy, and recovery in perimenopause — without wasting money on hype.

INSIDE THIS GUIDE

- The 6 supplements worth your money — and exactly why each one matters at this life stage
- Which type actually works for you (not all magnesium or protein is the same)
- The supplements to skip — save your cash for what actually works
- Perimenopause nice-to-haves, grounded in the latest research

Where to Start

These are the supplements I recommend most often — but supplements support the work, they don't replace it. A plan built around your training, nutrition and hormones will always out perform a pill. Think of this as your starting toolkit, not the whole strategy.

For all of the below: follow the packet instructions for dosing, or message me directly for something tailored to you.

■ Magnesium

Supports sleep, insulin sensitivity, recovery, and reduces cravings.

Glycinate — sleep, stress & relaxation (gentle on gut)

Citrate — digestion / constipation

Malate — energy & muscle pain

Threonate — brain function & memory

I like **glycinate** — it's the gentlest on the gut and does the most for sleep and stress, which is usually what my clients need most.

Clinicians, Ethical Nutrients, BePure, Thorne, Pure Encapsulations, Solgar

■ Creatine Monohydrate

Improves strength, lean mass, recovery and brain function.

No loading phase needed — just a consistent daily habit.

May cause a small scale increase from water retention in muscle — not fat gain. Avoid gummies.

Brand doesn't really matter here — just check the label says **creatine monohydrate**, that's the well-researched form.

NOW Sports, Naked Creatine, Optimum Nutrition, Klean Athlete, Bulk, MyProtein

■ Protein Powder

Supports muscle maintenance, satiety and cravings control — vital for fat loss.

Whey Isolate — low lactose, fast-absorbing, ideal post-workout

Whey Concentrate — budget-friendly, more lactose/fat

Plant-Based — dairy-free/vegan, pea + rice blends best

Nuzest Clean Lean, NothingNaughty, UglyFace, Muscle Nation

■ Omega-3 / Fish Oil

Reduces inflammation, supports hormone function, heart and brain health.

Look for: EPA& DHA listed separately (not just "fish oil"), third-party tested for purity/oxidation

Nordic Naturals, GoHealthy, BePure, Carlson's, Thorne, Bare Biology

■ Vitamin D3 + K2

Key for mood, hormones, immunity, and calcium absorption.

K2 directs calcium to bones — not soft tissue. Always check your D3 includes K2.

NOW, Thorne, Clinicians, Pure Encapsulations, BetterYou, Solgar

■ Caffeine

Boosts energy and performance, and suppresses appetite — one of the few proven fat loss aids.

Cut-off: no later than 1-2pm to protect sleep quality
Go easy if you're sensitive — too much can cause anxiety, jitters or disrupted sleep.

A note on collagen: Great for skin, hair, nails & joints — but it's not a complete protein, so it's not adequate to replace your regular protein powder for muscle building or maintenance. Use it alongside your protein intake, not instead of it. Also — a lot of greens powders are more hype than substance, but Good Green Vitality by Nuzest is genuinely research-backed and one I like (code **EVERYDAY** for 15% off). Think of it as nutrient insurance, not a fix-all.

Nice-to-Haves for Perimenopause

Once the core 6 are in place, these are worth considering if perimenopause symptoms — sleep, hot flushes, stress, bone health — are part of your picture.

As before: follow the packet instructions for dosing, or message me directly for something tailored to you.

■ Taurine

Often paired with magnesium as a calming amino acid combination for perimenopause.

Helps with: sleep, mood, hot flushes & insulin sensitivity

Clinicians, NOW Foods, Musashi, Thorne, Doctor's Best, Holland & Barrett

■ L-Theanine

An amino acid found in tea that promotes calm focus without drowsiness — useful for perimenopausal anxiety and racing thoughts at bedtime.

Helps with: stress, sleep onset, racing mind

Often paired with magnesium or ashwagandha in combo formulas.

GoHealthy, BePure, Doctor'sBest, Pure Encapsulations, Solgar, Holland & Barrett

■ Ashwagandha

An adaptogen commonly used for stress and sleep support alongside magnesium during this life stage.

Helps with: stress reactivity, sleep quality, cortisol load

Check in with your GP first if you're on thyroid medication or pregnant/breastfeeding.

Swisse, Thompson's, BePure, Thorne, GaiaHerbs, Holland & Barrett

■ Calcium

Part of a well-rounded bone-building stack for perimenopause — sitting alongside protein, vitamin D, K2, magnesium, creatine and omega-3.

Prioritise food sources first (dairy, canned fish with bones, tofu); supplement if intake is genuinely low. Talk to your GP before supplementing if you have kidney issues or take other mineral supplements.

Blackmores, Ethical Nutrients, Nature Made, Citracal, Solgar, Holland & Barrett

■ Vitamin B Complex

B6, B9(folate) and B12 support neurotransmitter production, energy, and mood — levels of B12 in particular tend to decline through this transition.

Helps with: moodswings, fatigue, brain fog, PMS-type symptoms

A B-complex is usually more useful than a single high-dose B vitamin on its own.

Thompson's, Go Healthy, Clinicians, Thorne, Garden of Life, Solgar

■ Zinc

A cofactor in over 300 enzyme reactions, including sex hormone metabolism, immune function, and skin/hair repair — all areas affected as oestrogen declines.

Helps with: immunity, skin/hair changes, mood, cortisol regulation

Don't stay on higher doses long-term without checking with your GP — it can deplete copper over time.

Go Healthy, Thompson's, Clinicians, Thorne, Solgar, Holland & Barrett

■ Probiotics

Nice-to-have, not essential. For most people, a diet high in fibre with regular meals — plus a variety of fruit, veg, legumes and fermented foods — does this job perfectly well on its own.

Worth considering after antibiotics, or if gut symptoms are a specific issue.

Personal pick: the **Pendulum Life** range — but food-first is genuinely fine for most.

Worth knowing: None of this replaces a conversation with your GP about hormone therapy if your symptoms are significant. Supplements support the foundation — they work best alongside strength training, adequate protein and a nutrition plan built around your hormones, not against them.

Save Your Cash — Skip These

A healthy dose of scepticism saves you money. These are the ones marketing has oversold, and the evidence doesn't back up.

× "Menopause support" blends

Proprietary formulas marketed specifically for menopause — you usually can't tell what dose of anything you're actually getting.

× Anything mentioning "adrenals" or "cortisol"

"Adrenal fatigue" isn't a recognised medical diagnosis, and there's no reliable evidence these formulas do anything for stress or energy.

× "Hormone balancing" supplements

Vague marketing language with no way to verify they're actually doing anything to your hormone levels.

× Fat burners

Mostly stimulants in expensive packaging — the effect is marginal and doesn't fix training, nutrition or sleep.

× Detox products

Your liver and kidneys already do this job. Most "detox" products just make you go to the toilet more.

× Berberine

Marketed as "nature's Ozempic," but most of the strong evidence is small, foreign studies. Expect GI side effects, and it interacts with a long list of medications — talk to your GP first.

A caution on electrolytes: Useful — but not something to sip daily by default. If you're eating and hydrating normally, you don't need extra sodium every day. Reach for them on high-sweat training days, in the heat or when dehydrated. My pick is **Elyte**.



BECAUSE YOUR HEALTH SHOULD MATCH THE LIFE YOU'VE BUILT

SUPPLEMENTS ARE THE 10%

The Other 90% Is Training, Fuel & Strategy

Supplements can't fix a program that isn't built for your hormones, your recovery, or the body you have right now. That's what coaching does — and it starts with one conversation.

[BOOK YOUR FREE STRATEGY CALL](#)

Clarity

See exactly what's driving your energy, weight and recovery right now.

Strength

Build a plan around training, tone and strength - not just "moving more."

Fuel

Nutrition that works with your hormones, not against them and improves your energy.

Support — the habits, routines & accountability that hold Clarity, Strength & Fuel together.