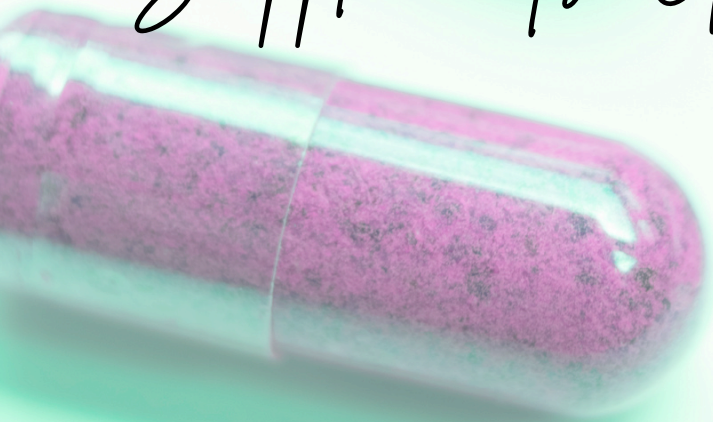




CYCLE SYNCING

Supplements Guide



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Welcome to Your Journey!

HELLO!

Welcome to the Cycle Syncing Supplement Guide. This guide is designed to help you understand how to support your body's natural rhythms with the right supplements. By syncing your supplement intake with your menstrual cycle, you can optimize your health, energy, and overall well-being.



What is Cycle Syncing?

Cycle syncing involves aligning your diet, exercise, and lifestyle with the four phases of your menstrual cycle: menstrual, follicular, ovulatory, and luteal. Each phase has unique hormonal needs, and this guide will show you which supplements can best support your body during each stage.



KEY SUPPLEMENTS

for each phase



Menstrual Phase

Duration: Approximately Days 1-5

During the menstrual phase, your body is shedding the uterine lining. This phase requires rest and replenishment.

Recommended Supplements:

- **Iron:** Replenish iron lost during menstruation to prevent fatigue and support energy levels.
 - **Dosage:** 18 mg daily
 - **Tip:** Pair with vitamin C for better absorption.
- **Magnesium:** Reduce menstrual cramps and promote relaxation.
 - **Dosage:** 300-400 mg daily
 - **Tip:** Take before bed to aid sleep.
- **Omega-3 Fatty Acids:** Help reduce inflammation and support mood balance.
 - **Dosage:** 1,000 mg daily
 - **Tip:** Choose fish oil or flaxseed oil supplements.

Follicular Phase

Duration: Approximately Days 6-14

The follicular phase is a time of renewal and growth, with rising estrogen levels.

Recommended Supplements:

- **Vitamin B Complex:** Supports energy production and hormonal balance.
 - **Dosage:** One B-complex vitamin daily
 - **Tip:** Look for a complex that includes all B vitamins, especially B6 and B12.
- **Probiotics:** Promote a healthy gut, which is crucial for hormone metabolism.
 - **Dosage:** One capsule daily with live cultures
 - **Tip:** Choose a high-quality probiotic with multiple strains.
- **Antioxidants (Vitamin C and E):** Support cellular renewal and overall vitality.
 - **Dosage:** 500 mg of Vitamin C and 400 IU of Vitamin E daily
 - **Tip:** Combine with a balanced diet rich in fruits and vegetables.

Ovulatory Phase

Duration: Approximately Days 15-17

During the ovulatory phase, your energy and confidence are at their peak.

Recommended Supplements:

- **Zinc:** Supports immune function and hormone production.
 - **Dosage:** 15-30 mg daily
 - **Tip:** Take with food to avoid stomach upset.
- **L-Arginine:** Improve blood flow and support reproductive health.
 - **Dosage:** 2-6 grams daily
 - **Tip:** Take in divided doses throughout the day.
- **Maca Root:** Enhance energy levels and support balanced hormones.
 - **Dosage:** 1,500-3,000 mg daily
 - **Tip:** Start with a lower dose and gradually increase.

Luteal Phase

Duration: Approximately Days 18-28

The luteal phase is a time of preparation and winding down, with rising progesterone levels.

Recommended Supplements:

- **Vitex** (Chaste Tree Berry): Balance progesterone levels and reduce PMS symptoms.
 - **Dosage:** 400-1,000 mg daily
 - **Tip:** Take consistently for best results.
- **Magnesium:** Alleviate mood swings and promote relaxation.
 - **Dosage:** 300-400 mg daily
 - **Tip:** Combine with vitamin B6 for enhanced effects.
- **Vitamin B6 and Calcium:** Help reduce bloating and support overall hormonal balance.
 - **Dosage:** 50-100 mg of Vitamin B6 and 1,000 mg of Calcium daily
 - **Tip:** Take with meals for better absorption.

Incorporating Supplements into Your Routine

1

Consult a Healthcare Professional: Before starting any new supplement regimen, consult with a healthcare provider to ensure it's appropriate for your individual needs.

2

Start Slowly: Introduce one supplement at a time and monitor how your body responds.

3

Be Consistent: Take your supplements at the same time each day to establish a routine.

4

Listen to Your Body: Pay attention to how you feel and adjust your regimen as needed.

Tracking Your Progress

Use a period tracker to monitor your cycle and note any changes in your symptoms and overall well-being. This will help you tailor your supplement routine to better suit your needs.



Period Tracker

YEAR: _____

	J	F	M	A	M	J	J	A	S	O	N	D
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PERIOD KEY:

- SPOTTING
- LIGHT
- REGULAR
- HEAVY
- CRAMPS
- TIRED
- ACNE
- HEADACHE

CYCLE LENGHT:

JAN		JUL	
FEB		AUG	
MAR		SEP	
APR		OCT	
MAY		NOV	
JUN		DEC	

NOTES:

Cycle Syncing Guide

If you want to dive deeper into cycle syncing, check out my Printable Cycle Syncing Guide. This comprehensive guide provides detailed insights into each phase of the menstrual cycle and offers practical tips on how to align your activities with your cycle. It's the perfect companion for anyone looking to harness the power of cycle syncing for a more balanced and productive life.



Conclusion

By understanding and supporting your body's natural rhythms with the right supplements, you can achieve greater harmony and well-being. I hope this guide provides you with the tools and knowledge you need to enhance your cycle syncing practice.

With warmth and positivity,

Florencia Camifa

