



Ideally, you'd get all necessary nutrients from foods. But a busy lifestyle usually gets in the way of eating right, so a daily multivitamin is a simple alternative.

Curves Complete is an all-natural multivitamin and mineral supplement formulated specifically for women. Its liquid form and unique acidic base can be mixed with water or juice and ensures greater absorption of minerals. Other benefits:

- Proper nutrient ratio
- Plant-derived trace minerals
- Major minerals chelated for best absorption
- Essential fatty acids

THE GOAL

Energize Your Workout

THE NUTRIENT SOLUTION

Iron

Feeling tired at your Curves facility? Don't blame *Nick at Nite*. New studies from Cornell University in Ithaca, New York, show that iron-deficient women have to work harder to perform the same workout as women who get enough of this energy-boosting mineral. Why? "Some enzymes that control the transformation of energy in your muscles need iron to do their job," says study author Jere Haas, Ph.D., a professor of maternal and child nutrition. Unfortunately, many women aren't quite reaching the daily recommended 15 milligrams (mg)—in fact, up to 1 in 6 are iron depleted. Reclaim your get-up-and-go by adding a side of citrus fruit or juice to iron-rich meals, since vitamin C improves absorption.

Daily Need: 15 mg

Iron Giants: 3 oz. steamed clams (24 mg), 1 serving cereal (4 to 15 mg, depending on the brand), ½ cup canned white beans (3.9 mg), ½ cup cooked spinach (3.2 mg), 3 oz. steak (3.1 mg)

Nutrition Institute at the University of Tennessee in Knoxville. In his recent research, dieters who took in 1,200 to 1,600 mg of calcium daily lost 70% more weight than those who cut calories alone. Think you get enough of the mineral already? You probably don't: Only 20% of women consume 1,000 mg daily. Zemel advises getting most of your calcium from low-fat dairy products because they contain components that boost calcium's fat-melting effects. And spread your calcium intake throughout the day as your body can only absorb so much at one time. For best absorption, consume no more than 500 mg of calcium at one meal. The Curves Essential calcium supplement includes the type of calcium that has been shown to restore bone density in the Strause & Saltman osteoporosis medical study.

Daily Need: 1,000-1,500 mg, depending on age
Dairy for Dieters: 1 cup low-fat plain yogurt (448 mg), 1 cup fruit yogurt (384 mg), ½ cup part-skim ricotta cheese (337 mg), 1 cup skim milk (301 mg), 1 oz. part-skim mozzarella cheese (222 mg)

THE GOAL

Befriend Your Bones

THE NUTRIENT SOLUTION

Vitamin D

A growing number of young women are prone to breaks and fractures because they haven't treated their bones right. Vitamin D helps your body absorb bone-building calcium. Because your skin produces vitamin D when it's exposed to sunlight, you can get the necessary 600 to 1,000 IU (international units) simply by going outside for 10 minutes per day (without sunscreen). But sunscreen, extra clothing, and weaker sunlight leave an alarming 32% of women deficient by the end of winter, says Michael Holick, Ph.D., professor of medicine, physiology, and dermatology at Boston University School of Medicine. Dark-skinned women are particularly at risk year-round because pigment-heavy skin doesn't synthesize vitamin D from the sun as well as light skin does.

Daily Need: 600-1,000 IU

Vitamin D Heavyweights: 3 oz. salmon (172 IU), 3 oz. shrimp (120 IU), 1 cup milk (100 IU); some brands of cereal and cereal bars contain the vitamin, but the amount varies widely so check the label.

THE GOAL

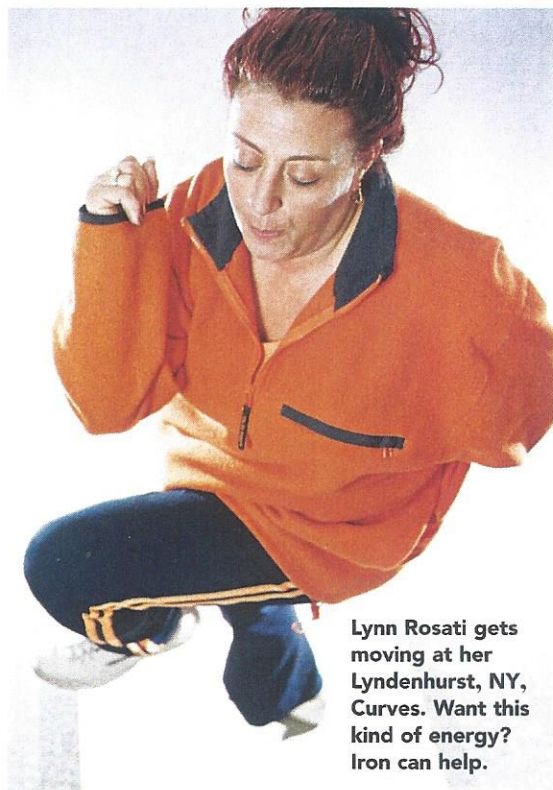
Drop a Dress Size

THE NUTRIENT SOLUTION

Calcium

Whether you're looking to slim down or maintain your weight, getting 1,000 to 1,500 mg (depending on your age) of calcium daily is a must.

"When you lack calcium, your body releases a hormone called calcitriol to preserve it—and that triggers your body to turn more sugar into fat and slows fat breakdown," says Michael Zemel, Ph.D., director of The



Lynn Rosati gets moving at her Lydenhurst, NY, Curves. Want this kind of energy? Iron can help.