

The 5 Nutrients You Need Now

An exclusive cheat sheet to the vitamins and minerals that can make an immediate difference in your health.

BY JESSICA BROWN PHOTOGRAPH RITA MAAS

Your body uses more than two dozen vitamins and minerals every day. With barely enough time to wash your hair each morning, how are you going to keep track of your nutrient intake? Let's be honest—you're not. So we asked health and fitness experts to come up with the five most-crucial nutrients women require for everyday life—the ones that will help you curb a cold, drop a dress size, and have enough energy to work out even on your busiest days. Added bonus: When you focus on foods rich in these vitamins and minerals, your overall diet becomes more healthful and better balanced.

