

FACT SHEET

VITAMINS AND MINERALS FOR ENDOMETRIOSIS

2 July 2021



ENDOMETRIOSIS AT A GLANCE

Endometriosis is a condition where tissue similar to the endometrium (the lining of the uterus) grows elsewhere in the body. This tissue responds to reproductive hormones where oestrogen stimulates patches forming superficial, lesions or endometrioma (ovarian cysts). Inflammation is generally present, and adhesions (scar tissue) can also form in response. Endometriosis within the muscle tissue of the uterus is known as adenomyosis, typically characterised by an enlarged uterus and heavy menstrual flow as well as pain at time of period.

VITAMIN A

Helps with heavy menstrual bleeding and supports a healthy immune function, healthy eyes and skin. Good sources include:

- Liver
- Egg yolk
- Cheese
- Dark green leafy vegetables
- Yellow and orange fruits
- Yellow and orange vegetables

VITAMIN B

Can help to reduce menstrual pain and cramps, fluid retention and fatigue as well as support mood. Good sources of vitamin B are:

- Salmon legumes
- Brown rice
- Brussel sprouts
- Bananas
- Whole grains

VITAMIN C

Can also help to reduce menstrual bleeding, cramps, pain and fatigue. It also promotes healthy adrenal function and a healthy immune system. Vitamin C can be found in most fruits and vegetables and significantly found in:

- Strawberries
- Peppers
- Kiwi fruit
- Brussel sprouts
- Citrus fruits
- Rose hips

VITAMIN E

Regulates high oestrogen levels and helps with menstrual cramps and pain, can also relieve menopausal symptoms and protect against heart disease. Good sources of vitamin E include:

- Nuts
- Corn
- Polyunsaturated oils
- Avocado
- Seeds

IRON

Iron support blood production and a healthy immune system. Good sources of iron include:

- Steak
- Chicken
- Salmon
- Tofu
- Broccoli
- Baked beans

ZINC

Zinc is good for immunity and healing, good sources are:

- Oysters
- Chicken
- Nuts
- Seeds
- Lean red meat
- Cheese

CALCIUM

Calcium supports healthy bones and growth prevents menstrual pain and cramps. It also helps with blood clotting and transmission of nerve impulses and hormone secretion. Good sources of calcium include:

- Milk
- Yoghurt
- Cheese
- Nuts and seeds
- Sardines
- Peas and green beans

MAGNESIUM

Can reduce menstrual cramping and pain, magnesium also support health bones and increases calcium absorption. Good sources of magnesium include:

- Soya beans
- Parsnips
- Nuts
- Wholegrain cereals
- Apples
- Apricots

POTASSIUM

Reduces menstrual cramps and pain and maintains fluid balance and energy levels. Include in your diet:

- Avocado
- Sardines
- Nuts
- Bananas
- Citrus fruits
- Apricots

FIBRE

Reduces constipation and support the work of the liver to excrete oestrogens. Good sources of fibre are:

- Porridge
- Sardines
- Nuts
- Bean sprouts
- Fruits and vegetables
- Baked beans

For further information:

- Insight Endometriosis: Endo 101
- Insight Endometriosis: Endometriosis Symptoms
- Insight Endometriosis: Nutrition for Endometriosis

References:

- New Zealand Food Composition Data: <https://www.foodcomposition.co.nz/foodfiles/concise-tables>
- The Omega-3 Connection by Andrew L Stoll (MD)
- PCOS Diet Book by Colette Harris
- 'Endometriosis: A Key to Healing Through Nutrition Book by Dian Shepperson Mills

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