

Vitamin	Best Time to Take	With Food	Notes
A	With lunch or dinner	✔ Yes	Supports vision, immunity
D	Any meal with fat	✔ Yes	Morning may improve mood & energy
E	With dinner	✔ Yes	Antioxidant; supports skin & immunity
K	With meals	✔ Yes	Key for blood clotting & bone health
B-Complex (incl. B12)	Morning	Optional	Boosts energy; avoid late to prevent insomnia
Vitamin C	Any time	Optional	Take with food if you have a sensitive stomach
Folic Acid	Morning	Optional	Especially important for prenatal support
General or Women's Multi	Morning	✔ Yes	If nausea occurs, try with dinner
Iron	Morning	✘ No	Pair with Vitamin C, avoid calcium
Calcium	Lunch or dinner	✔ Yes	Supports bones; take away from iron
Magnesium	Evening	✔ Yes	Can aid relaxation and sleep
Zinc	With Food	✔ Yes	Avoid taking with calcium or iron