

Basic Supplements

Vitamin D3 with K2

- Improves health, function, and quality: Sleep, immunity, brain, nervous system, mood stabilization, blood-sugar regulation, and cardiovascular health.
- Vitamin K ensures the calcium absorbed and released with vitamin D goes to the appropriate place, such as bones and teeth, rather than calcifying soft tissues, such as blood vessels and the pituitary gland.
- Form: Vitamin D3 with vitamin K2.
- Food sources: Salmon, egg yolks, and cheese.
- Time to take: Morning.

Vitamin B complex

- Improves health, function, and quality: Nutrient absorption, brain, and nervous system.
- Form: B complex.
- Food sources: Organ meats, chicken, eggs, and leafy greens.
- Time to take: Morning.

Docosahexaenoic acid and Eicosatetraenoic acid (DHA and EPA)

- Improves health, function, and quality: Brain, nervous system, cardiovascular, skin, eye, and inflammation.
- Form: Fish oil or algae.
- Food sources: Wild-caught fish, krill, chia seeds, and flax seeds.
- Time to take: With a meal.

Magnesium

- Improves health, function, and quality: Sleep, relaxation of body and mind, cardiovascular, and gastrointestinal.
- Form: Complex of some or all; citrate, glycinate, threonate, taurate.
- Food sources: Pumpkin seeds, almonds, and most vegetables.
- Time to take: Morning and or evening.

Probiotics and Prebiotics

- Improves health, function, and quality: Digestion, immunity, mood, and mental clarity.
- Form: 8+ strains, at least 50 million per dose.
- Food sources: Green bananas, plantains, and fermented foods: yogurt, sauerkraut, miso soup, kefir, sour pickles, tempeh, and kombucha.
- Time to take: On an empty stomach. If the stomach becomes upset, take with a snack.

Curcumin

- Improves health, function, and quality: Inflammatory, pain and discomfort, headaches, arthritis, cholesterol, depression, anxiety, and neurodegenerative diseases.
- Form: Curcumin with black pepper.
- Food sources: Turmeric.
- Time to take: Morning and midday if needed/recommended, or as needed.

Talk to your healthcare professional for proper dosing