

RECOMMENDATIONS FOR
BASIC CORE NUTRIENTS

Quality Multivitamin (w/ B vitamins)



Vitamin D



A quality multivitamin that includes B vitamins...

- Supports daily foundational nutrient intake
- Helps fill daily nutrient gaps

Vitamin D can contribute to...

- Normal immune, cardiovascular, neurological, and bone health
- Healthy mood, normal healthy blood pressure and blood sugar, mineral absorption and muscle strength

Omega-3 Fish Oil



Adult

Children | Adolescent

A quality fish oil supports...

- Healthy cardiovascular function
- Healthy immune function
- Musculoskeletal support
- Skin vitality
- Cognitive support

Probiotic



Adult

Children | Adolescent

A quality multi-strain probiotic...

- Contains microorganisms intended to maintain or improve the "good" bacteria population in the body
- Helps maintain gastrointestinal balance
- Supports bowel regularity
- Supports digestion and micronutrient absorption

RECOMMENDATIONS FOR CORE+ ADDITIONAL NUTRIENTS

Magnesium



Magnesium forms—

- + **glycinate:** bio-available; sleep support
- + **chloride:** general magnesium support
- + **lactate:** address low levels; gentle on digestive system
- + **malate:** easily absorbed; bowel regulation
- + **orotate:** support for a healthy cardiovascular system, and providing support to help restore normal energy levels

Magnesium forms—

- + **citrate:** bio-available; address low levels and bowel movement
- + **oxide:** lower absorption; intestinal support and digestive buffer
- + **L-threonate:** Supports cognitive abilities
- + **sulfate:** support bowel movements

Calcium

- Promotes healthy teeth and bones
- Supports healthy heart function

Antioxidants:



Quercetin

- Helpful in neutralizing the free radicals in your body
- Antihistamine and anti-inflammatory qualities
- Support for healthy blood pressure levels
- Reduction of symptoms of bladder pain and the urge to urinate excessively, if you have a urinary tract infection
- Reduction of prostate inflammation

PQQ

- Promotes the growth of new cellular mitochondria
- Encourages youthful cellular energy levels
- Provides powerful cellular antioxidant protection
- Helps support delicate mitochondrial DNA
- Supports heart health, cognitive health and more

Vitamin C

- Promotes optimal immune function
- Important in collagen production, which enhances skin, nail, and hair health
- Supports healthy tissue and cartilage formation, a benefit during wound healing and injury repair
- Plays a role in phase I liver detoxification, plus its antioxidant properties help protect against the toxic effects of heavy metals
- Helps increase glutathione, a potent antioxidant necessary for supporting phase II liver detoxification

Buffered C Capsules

are balanced with calcium, magnesium and potassium to gently deliver high-concentration vitamin C to reduce the potential of gastrointestinal upset.