

Basic Nutrition

Multivitamin \$25(average)

Get your basic vitamins and minerals which are foods are frequently lacking. High in Vitamin A, B, C, E and Calcium. Available with or without iron.

EPA-DHA 720-\$33

Provides 720 mg of essential Omega 3 fatty acids in one soft gel. Recommended dosage is 1000-2000 mg per day. EPA-DHA supports Cardiovascular, Immune, Gastrointestinal, and Musculoskeletal systems. They are also vital for the Nervous system! It is very difficult to get this amount daily in your regular diet. Conditions this may be helpful for: Pain and Inflammation of the joints, High blood pressure, IBS, Arthritis, Immune system compromise, and Depression.

D3 5000-\$15

Provides 5000 IU of bioavailable Vitamin D. This is needed to aid in Calcium absorption supporting bone health, cardiovascular, immune, and neurological health. This need for supplementation is increased in the winter months. Recommended dosage is 5000-10,000 IU. Serum levels should be 50ng/ml and you may get a home test kit from ZRT labs for \$65.

Cal Apatite with Magnesium -\$18

Provides 600 mg of Calcium and 300mg of Magnesium per 3 tablets. Recommended dosage is 400-1000mg of each to provide support for bones, muscles, and heart function. Both minerals are needed to allow muscles to properly contract and relax. Magnesium deficiency is now rising over Calcium deficiency.

Dynamic Greens-\$32

One serving gives you the antioxidant power of more than 20 servings of fruit and vegetables! Health benefits: improved immune function, digestion, and detoxification. Boost your energy, metabolism, fat-burning, injury repair and your life!

Others:

Ultra Flora IB-\$35

One capsule provides 60 billion live organisms of 50:50 Lactobacillium acidophilus and Bifidobacterium lactis. High doses as in this capsule, are needed to provide support for a healthy gut during antibiotic use or in cases of irritable bowel syndrome.

Femerone 17-\$25

Provides a natural hormone replacement for women who have had a hysterectomy, are going through menopause, or are having symptoms of Estrogen dominance (weight gain, moodiness, hot flashes, irregular periods, fibroids, headaches). The cream is easily absorbed into the skin and provides a natural alternative to hormone replacement drugs. This has also been shown to prevent osteoporosis due to menopause and may be used instead of Fosomax.

Supplements are from Nutrition Dynamics(www.nutri-dyn.com)

You may order with my discount by creating an account and putting in #281798 for the doctor number.