

Brenda's

SUPPLEMENT GUIDE

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Preferred Brands

Pure Encapsulations NOW Supplements Thorne Vital Nutrients
Vital Choice Nordic Naturals Renew Life Source Naturals

These brands provide pure, allergen free, high quality supplements

Univerally Beneficial Supplements

Pure Encapsulations Nutrient 960 Multi Vitamin
Renew Life Cleanse More Magnesium Complex
NOW Omega-3 & D

**These provide a fantastic baseline for essential nutrients.
Good for All Seasons, All Ages, and General Health**

Digestive Support

Pure Encapsulations HCL
Vital Nutrients Digestive Enzymes
Sauerkraut from the Deli Section (Better than 99% of probiotics)
Visiobiome (A pricey option best reserved for deep gut healing)
Glutamine powder (any brand verified allergen free brand is fine)
Collagen Protein Powder - Great Lakes or Vital Choice

Good for healing gut issues, and in turn, healing many gut related health issues: Autoimmunity, skin issues, mood disorders etc.

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Health Boosters

Vital Choice Salmon Roe - A mega dose of Omega3s. Ideal for end of winter, caffeine withdrawal, chronic depression, reducing inflammation etc. This is a good choice for seasonal "kick starts".

Tumeric Powder - An anti-inflammatory ingredient that is ideal for times of stress, injury, autoimmunity, and general lack of energy.

Glucosamine - Supports joint health, and can be used cyclically

Now Black Walnut & Wormwood Complex - For seasonal cleansing of any proliferated bad bacteria in your gut (i.e. parasites)

Berberine - Regulates blood sugar and supports digestive health. This is good for times of high stress when glucose tends to spike. It's also great for clearing bad bacteria, which also proliferate during times of stress.

Bone Broth - A powerful healing tonic that is great for gut health, skin health, and joint health. Swap out "juicing" for "souping" as a seasonal way to boost your health. Kitchen basics, Pacific, and Fond are a few brands that are great.

Pure Encapsulations CO Q10 - This is a powerful anti-oxidant that can aid in reducing inflammation and overall health via heart support. This supplement is expensive, but very worth the price during times of deep healing

These are powerful "medicine" supplements that are fantastic for seasonal boosting and replenishment of nutritional stores. They can be used on a regular basis, but are not essential