

# Supplements:

Which are Important and which Brands to Trust!?!

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## 1. 3 Supplements For All

### A. A good multivitamin!

Brands I use: Designs for health Complete Multivitamin, iron and copper free for men and postmenstrual women, with iron and copper for women under 50 yrs still menstruating (other good brands include Naturelo, Biotics)

### B. Vitamin D!

Dose ranges from 2000IU to 10,000IU daily depending on the person.

Prefer vitamin D3, cholecalciferol unless you have severe kidney disease in which case you should have D2, ergocalciferol

Best taken with K2 and Calcium

Brands can be cheap for vitamin D such as NOW, Pure Encapsulations, Vitacost

Blood level of D3, 25, hydroxy vitamin D should be 60-80. Check every 6-12 months.

### C. Omega 3 oils!

Best source is from fish, my favorite brands include Nordic Naturals ProOmega Lemon OR Designs for health Omegavail or OMegavail Hi Po

If you need a small capsule Rosita brand cod liver oil is a very small gel cap

If allergic or adverse to fish, omega 3 can be sourced from algae or flax, brands include Nordic Naturals, Biotics, Pure Encapsulations

AVOID cheap fish oil! Don't buy it from Walmart or Costco!

Dose ranges 1gram to 4 grams daily

Level can be checked via Boston Heart labs

## 2. Brands I trust

- A. Most expensive but really good: Metagenics, Xymogen, Quicksilver
- B. Medium expensive but just as good: Designs for health, Biotics, Seeking health, Klaire labs, GAIA
- C. Cheap but often ok: NOW, Pure Encapsulations, Vitacost, Nordic Naturals, Life Extension, Jarrow

**\*\*Beware Online Counterfeits!\*\***

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