

Supplements

Autoimmunity and Hashimoto's

Zinc 30

Order Codes: Z31 / Z36

1 capsule, with a meal

Retail 15.60

QR code discount 14.04

Vitamin D3 125 mcg (5,000 IU)

Order Codes: VD52 / VD51 / VD56

1 capsule daily, with a meal

This should be taken indefinitely

Retail 14.40

QR code discount 12.96

NAC (N-Acetyl-L-Cysteine) 600 mg

Order Codes: NA63 / NA61 / NA69

1 capsule 3 times daily

Retail 36\$

QR code discount: 32.40

Magnesium (glycinate)

Order Codes: MG3 / MG1 / MG9

1-4 capsules daily, consume with food

Retail 26\$

QR code discount 23.40

B-Complex Plus

Order Codes: BCP1 / BCP6

1 capsule, 1-2 times daily, with meals

Retail 26.40

QR code discount 23.76

L-Glutamine powder

Order Code: LGP

1 heaping scoop mixed with water

or juice, 1-3 times daily, between meals

Retail 53.40\$

QR code discount 48.06

Selenium (citrate)

Order Codes: SEC1 / SEC6

1 capsule daily, with a meal

Retail 12.40

QR code discount 11.16

Daily Stress Formula†

Order Codes: DSF1 / DSF9

3 capsules daily, with or between meals

Retail 38.60

QR code discount 34.74

EPA/DHA essentials

Order Codes: ED11 / ED19

1-2 softgel capsules daily,

Retail 38.20

QR code discount 34.38

Betaine HCl Pepsin

Order Code: BP2

1 capsule, 3 times daily,
with each meal

Retail 51.20

QR code discount 46.08

Probiotic 50B

Order Code: PR506

1 capsule daily, with or
between meals

Retail 88.20

QR code discount 79.38

Curcumin 500 with BioPerine®

Order Codes: CUB51 / CUB56

1 capsule, 1-3 times daily, between meals

Retail 49\$

QR code discount 44.10

PCOS:

Inositol to improve insulin resistance and fertility. Take 2 grams twice daily.

Order code INP2

Retail 50.20

QR code discount 45.18

Berberine one capsule twice daily to improve insulin resistance and lipids .

Order code BUS6

Retail 49.50

QR code discount 44.55

CoQ10 to lower testosterone. Take as label instructs.

Order code UQ16

Retail 95.00

QR code discount 85.50

L carnitine one capsule twice daily to improve insulin resistance.

Order code LC1

Retail 49.60

QR code discount 44.64

Insomnia/ Sleep Support

Melatonin 3 mg Order Codes: ME36 / ME31 1 capsule daily, 1/2 to 1 hour before bedtime

Retail 11.00

QR code discount 9.90

SeroPlus Order Code: SOP1 2 capsules, 1-2 times daily, between meals

Retail 55.20

QR code discount 49.68

Magnesium (glycinate) Order Codes: MG9 / MG1 / MG3 (capsules) 1-4 capsules daily, with meals

Retail 26\$

QR code discount 23.40

L-Theanine Order Code: LTH6 / LTH1

Retail 61.00

QR code discount 54.90

Stress Support

Cortisol Calm (Order Code: COR1 / COR6) capsule in the morning and 1 capsule in the evening, with meals

Retail 52.40

QR code discount 47.16

Daily Calm (Order Code: DCM6) Supports a relaxed and alert mental state. Supports sleep with continued use. † 1 capsule, 2 times daily, between meals

Retail 49.00

QR code discount 44.10

L-Theanine (Order Code: LTH6 / LTH1) Promotes relaxation without causing drowsiness † 2 capsules, 1-3 times daily, between meals

Retail 61.00

QR code discount 54.90

Ashwagandha (Order Code: ASH6 / ASH1) Helps moderate occasional stress † 1 capsule daily, with or between meals

Retail 26.20

QR code discount 23.58