

## Brands and Types of Supplements We Recommend

**Magnesium glycinate**

<http://amzn.to/2mdZC4W>

**Bifido bacteria**

<http://amzn.to/2mTG1UG>

**L-carnitine**

<http://amzn.to/2mdWw0O>

**L-tyrosine**

<http://amzn.to/2mTGeHs>

**Estrovera**

<http://amzn.to/2nCrXZs>

**Kaprex**

<http://amzn.to/2nCqjgG>

**Ultraflora Spectrum**

<http://amzn.to/2mG7sk6>

**D-HIST**

<http://amzn.to/2mTJvH1>

**Lipotain**

<http://amzn.to/2mD1sYz>

**SAMe (Do not take with antidepressant)**

<http://amzn.to/2oqcgxC>

**Vitamin B-6**

<http://amzn.to/2o07Yd7>

**Magnesium L-Threonate**  
<http://amzn.to/2nZRSk4>

**Siberian Ginseng**  
<http://amzn.to/2mD80Gq>

**GLYCINE**  
<http://amzn.to/2wRbYVR>

**L-glutamine**  
<http://amzn.to/2ojMBop>

**GELATIN**  
<http://amzn.to/2nxHzHK>  
The Green can doesn't gel up (Red can does, like jello) if you prefer that.  
<http://amzn.to/2nxSocC>

**Emu Oil**  
<http://amzn.to/2w9VGpn>

**Kelp (for iodine)**  
<http://amzn.to/2n8CzYJ>

**Estrofactores**  
<http://amzn.to/2mefc0x>

**potassium**  
<http://amzn.to/2mGqd6K>  
*Heath Tip:* There are a couple of prescription medicines that you've got to be aware of if you significantly increase your potassium intake, so if you're on blood pressure medicines, talk to your doctor before you to take potassium.

**Vitamin D** Make sure to take **WITH FOOD** and in the **AM**. Take 1000iu per 25 pounds you weigh.  
<http://amzn.to/2mTQwYb>

**Vitamin K2**  
<http://amzn.to/2mTT34F>

**Selenium**  
<http://amzn.to/2nk8YM6>

**7-KETO**

<http://amzn.to/2nCKjjs>

**Resveratrol:**

<http://amzn.to/2nknDqD>

**CURCUMIN:**

<http://amzn.to/2mTJtt>

**B-Complex**

<http://amzn.to/2nxKDDO>

**chromium (with cinnamon)**

<http://amzn.to/2nCDzBT>

**Choline**

<http://amzn.to/2n8lo8t>

**Zinc:**

| Zinc Level      | Taste Response  |
|-----------------|---|
| Optimal         | An immediate, unpleasant, obviously adverse taste, at which the patient normally grimaces.      |
| Adequate        | A definite but not strongly unpleasant taste noted immediately and tends to intensify with time |
| Quite Deficient | No taste noted initially, but develops in 10-15 seconds   |
| Very Deficient  | Tasteless or "tastes like water"  |

<http://amzn.to/2mTGyWP>

**OsteoVantiv**

<http://amzn.to/2mG5wlp>

**Berberine**

<http://amzn.to/2mG6XGC>

**Ultra Potent Vitamin C**

<http://amzn.to/2nCLwau>

**HCL with Pepsin**

<http://amzn.to/2oYA5dC>

**Ashwagahnda**

<http://amzn.to/2ogIRWP>

**GUGGAL**

<http://amzn.to/2mTRGTE>

**CoQ10.**

<http://amzn.to/2n8KNjo>

**SpectraZyme Pan 9X**

<https://www.naturalhealthyconcepts.com/spectrazyme-pan-9x-es.html>

**Lipo-Gen**

<http://amzn.to/2mefQuX>

**Fem EstroPlex.**

<http://amzn.to/2nCt9e>

**ALA**

<http://amzn.to/2n8LE3A>

**Biotin**

<http://amzn.to/2nCwFwJ>

**Multigenics without iron.**

<http://amzn.to/2ueXQ3T>

**L-phenylalanine**

<http://amzn.to/2vlpNtk>

**ONLY type recommended: Calcium hydroxyapatite:**

<http://amzn.to/2y46mn3>

**magnesium glycinate.**

<http://amzn.to/2mdZC4W>

**5-HTP: (ONLY IF NOT ON ANTIDEPRESSANT)**

<http://amzn.to/2mD8exo>

**NOTE: For some people L-tryptophan works better. If 5-HTP doesn't work, try 1 to 5 grams of L-tryptophan:**

<http://amzn.to/2oqrqTK>

**GABA:** <http://amzn.to/2nC3LH>

**Progest Cream:**

<http://amzn.to/2mG7IQ9>

**My new favorite superfood supplement! Click here to check it out:**

<https://amzn.to/2KEyert>

**Kratom Tea:**

Great for natural pain relief and improving moods and mental clarity.

<https://mindbullet.com/ref/mariamindbodyhealth/>

Not sure which ones to take for your situation? We have complete detailed supplement plans here:

[\(CLICK HERE VIEW\)](#)