



EXAMPLE

- DO NOT FOLLOW. CONSUMPTION COULD RESULT IN OVERDOSING, HEALTH COMPLICATIONS, OR INTERACTIONS WITH OTHER MEDICATIONS.

Vitamins and Supplements

Below are the vitamins and supplements I recommend for you. They are based on your food logs, lifestyle, and goals. It is your body, and your choice to purchase, I cannot make you buy anything you don't want to. Keep in mind without basic vitamins and minerals, it is impossible for the body to perform basic functions. (sleeping, producing energy, recovery, thinking etc...)

*The prices listed are the prices for the vitamins I sell and would like you to purchase through me. They are the best I have ever been able to find, I know they work and will give my clients the results they need.

*Some may have amazon links. I do this because I want this to be as cost-effective for you as possible! The Amazon brands included still do justice, I have tried them and seen similar results, they just don't work as fast.



- Vitamin C

One serving before food in the morning, and once before bed.

An antioxidant that is required for at least 300 metabolic functions in the body. It aids in the production of anti-stress hormones. It protects against infection, protects against cancer, and the effects of pollution in the environment. Vitamin C also helps with the absorption of iron, and the elimination of toxic substances. It promotes the normal regulation of heart functions, promotes cognitive health, reduces inflammatory response, and ensures skeleton, muscle, and skin health.



- **Vitamin D / K2**

One serving before food in the morning.

Vitamin D plays an important role in bone health, heart health, and immune support while working with vitamin K to support normal absorption of calcium, and promote healthy arteries

- **Liver Support / Milk Thistle**

One serving (2 capsules) any time of day

(This is for the supplement I sell) Supports a healthy liver and gallbladder, it excretes toxins that accumulate over time. Helps maintain healthy levels of glutathione, provides antioxidant defense. The liver support that I sell also helps to cleanse and detoxify the liver, and blood.

- **Magnesium**

Take one serving before food in the morning, and once before bed.

Magnesium is the fourth most abundant mineral in the body and supports more than 300 enzyme systems. It supports normal energy release, regulation of the body temperature, nerve function, adaptation to stress, metabolism, and much more. One of the main mechanisms of magnesium in the body is its support of normal protein synthesis. Inadequate levels of magnesium have been linked to poorer concentration, memory and cognitive function, and muscle discomfort. Sleep quality is associated with higher levels of magnesium and when these levels are low, sleep quality may suffer.

- **Omega 3**

Two soft gels, once daily, with a meal.

Supports relief from temporary inflammation associated with the normal aging process and daily activity. Promotes healthy lubrication of the eye. Supports joints, helps with skin complexion and enhances mood. Omegas are also important for cholesterol levels. Omegas also help maintain normal blood flow, normal triglyceride levels, and healthy blood pressure levels.



Above are the foundational supplements that would be extremely beneficial for you! If you would like additional support, I highly recommend adding ***curcumin***. This is personally my favorite supplement, one I will not go without. It reduces inflammation (brain fog, joint pain, hips, heart, weight) If you are an avid pain pill popper, this will be a necessary purchase for you, it will replace your current anti-inflammatories (which are terrible for your blood and body)

Pricing is listed below

Let me know as soon as possible so I can get your order working and you can start feelin like a champ!

Cost with Liver Support:

\$156.30

-5% off *Buying all through me*

-10% off ***client discount***

- \$23.45

+\$4.00 *Shipping*

\$136.85

Cost without Liver Support:

\$128.05

-10% off ***client discount***

- \$12.80

+\$4.00 *Shipping*

\$119.25



To get started on:

- Start exploring the wonderful world of veggies, buy organic. :)
- If you are not with people, limited to one beer (Mich Ultra) at night if you have any.
- No bologna or corn dogs. As I mentioned in the email, go to the healthy freezer section and pick some things out for quick meals while I am getting your complete plan together.