

SUPPLEMENTS

There is a common misconception that eating a nutritious diet will supply your body with all of the vitamins and minerals it needs to function and feel its best. Not so fast! While it IS important to fuel your body with fruits, veggies, whole grains, lean protein and healthy fats, this is NO GAURANTEE that you are meeting 100% of your micronutrient (vitamin and mineral) needs.

Even if (on paper) you are meeting the recommended amounts of vitamins and minerals each day through whole foods, each of our bodies has unique needs and processes nutrients differently. This why I suggest the supplements below for an optimal healthy lifestyle! Plus, during times of “detox”, our bodies can experience a bit of “stress” and will require the additional support of supplements. ALSO, note that if you are deficient in one or more nutrients, your body may be working inefficiently, leading to (among other potential deficiency symptoms) difficulty reaching weight loss goals.

BELOW ARE A FEW OF THE BASICS THAT CAN BE BENEFICIAL TO MOST PEOPLE:

MULTIVITAMIN

Although not absolutely necessary, many of us do not get the recommended nutrients through foods alone. If you have days where you skip on any one or more food groups on a regular or even semi-regular basis (whether by choice or food allergy), then your multi should be your insurance policy! If you avoid gluten, you may be deficient in vitamin B6 and folic acid. Vegetarians and vegans may be missing B12, iron, zinc, calcium and vitamin D3. In general, I recommend choosing a multi without iron, which can cause constipation if consumed in excess. Iron in a multi is NOT needed if you are NOT a vegetarian/vegan, a super athlete, anemic, or pregnant. For pregnant women or women trying to conceive, a pre-natal multi is recommended 2, as it will contain a baby-safe form of vitamin A and extra folic acid and iron.



FOLIC ACID

All women of child-bearing age should take folic acid even if they are not trying to conceive. Folic acid is a B vitamin that plays an important role in the development of a healthy baby and prevents birth defects, problems that can occur in the early stages of pregnancy before many women realize they are pregnant. Folic acid also lowers the risk of heart disease, cancer, and strokes (the leading cause of death of women in the US in that order). The recommended amount is 400-800 mcg/day (which may already be included in your multi or pre-natal vitamin, so check the label!). This is not as crucial for the MEN, obviously!

CALCIUM ³

So many people DON'T drink milk, especially as adults, and avoid dairy for a number of reasons. We all know this mineral is crucial for strong bones, teeth, and nails! Calcium can also aid in weight loss, and it has been shown to decrease PMS symptoms. We need 1000mg/day from ages 19-50 years and 1200 mg/day from age 51 and over. Women who are pregnant, breast feeding, or even athletes may require as much as 1500-2000 mg/day.



VITAMIN D3 ⁴

In the presence of sunlight, our body is able to make this fat-soluble vitamin on its own; however, most of us don't live in a year-round sunny climate, and we should be wearing sunscreen (which blocks most Vitamin D production in our bodies) to prevent us from the sun's harmful rays. A recommended daily value of Vitamin D is 600 IU under the age of 70 (although you may need more if your levels are low).



PROBIOTICS ⁵

Put simply, good bacteria help with digestion and immune function to keep our bodies healthy. We are often prescribed antibiotics and birth control pills (for the ladies), which are both beneficial in their own right, however; they can wreak havoc on these friendly bacteria from an early age. Taking a probiotic can help replenish your gut with health-boosting bacteria, promote healthy digestion and prevent illness. It's important to note that there are different strains and types of probiotics, so don't be afraid to try a couple types in order to find the probiotic that best meets your needs!



OMEGA 3 FATTY ACIDS ⁶

These essential (meaning your body can't make them) fatty acids help fight against heart disease, reduce inflammation, and may be helpful in reducing symptoms of asthma, depression, PMS and joint pain. Let's not forget that they are great for the brain, memory, aches and pain post-workout, and beautiful skin. Omega 3s are found in fatty fish, flax seeds, walnuts, pumpkin seeds, soy and canola oil, or through a daily supplement, like the one linked below.



BIOTIN ⁷

Did you know that those with blood type A or with acid reflux on antacids absorb less biotin? Often found more in fortified, processed foods, biotin helps keep hair, nails and skin strong and healthy. Biotin can be found in egg yolks, liver, kidney, peanuts, cheese, salmon, beef and chicken, or with a daily supplement.

Use Patient Express code: HCP1142076



HAVE A SUPPLEMENT QUESTION?

Feel free to reach out to me for individual advice!

 **Metagenics**



PRODUCTS LINKS

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