

Top 6 Daily Supplements For Everyone

- **Multiple vitamin/mineral support**

Nutrient quality has plummeted in the last half century, so making sure you are supplying your body with the nutrients it needs for optimal health is critical. It is important to make sure you are supplementing your diet every day with bioavailable phytonutrients and minerals, not isolated vitamins which are not regulated, as some have proven to be contaminated and containing materials not listed on the ingredients.

We recommend adding Juice Plus to your diet. It adds the nutrition of 30 fruits, vegetables, and grains to your diet, and is safe for everyone including pregnant and nursing moms with no warning label.

Juice Plus+ starts with farm fresh nutrition. A NSF certified product, each capsule contains family farm grown, non-gmo fruits and vegetables for the best quality nutrition. Each batch is thoroughly tested to the highest of standards for herbicides, pesticides, contaminants etc, even more so than certified organic products of any kind. Juice Plus has clinically proven to relieve inflammation, protect DNA, boost immune system, improve sleep, helps clear skin, improves energy levels, helps pulmonary function, balances hormones, and aids digestion. Juice Plus helps make it possible for us to bridge the gap in what we do eat and what we should eat. You can order at jeremymaxwell.juiceplus.com, or if you would like to participate in the children's health study (answering a few questions about their current eating habits) so your child can receive the duo for free for 4 years, please call your wellness coordinator Holly File at [573-639-9444](tel:573-639-9444). She would be more than happy to place your order for you, or answer any questions.

- **Omega 3**

Adding fish oil into your daily intake is important. Some of the top health benefits are better skin and hair, higher fertility, weight loss, lowered anxiety and depression, decreased arthritis and Alzheimer's disease and many many more!

Green Pasture's Blue Ice Fermented Cod Liver Oil is what we recommend for you. One teaspoon a day is a good dosage for most people. Don't worry; it's also available in capsules for those who don't want to take in the oil or gel form. You will also get Vitamins A and D, and if you have one with the high vitamin butter oil it will have vitamin K2 as well. We sell both products here in the office or you can buy them at Natural Grocers.

- **Vitamin D3**

90% of adults are vitamin D deficient, so this is something you need to consider. Milk is not your best source, neither is sunlight. In our latitude it's impossible to get the levels that we need. We suggest you take vitamin D3 to combat deficiencies. If you're already taking Blue Ice you won't need to

add in another supplement, but if you get your omega 3s another way, we suggest Metagenics liquid D3, which you can order from Amazon. 500 mg or 5000 IU a day would be a good dosage for most people, but it depends on how deficient you are.

- **Magnesium**

Magnesium is one of the strongest protectors you can have. If you have high levels of magnesium you can sustain traumatic brain injury with minimum effect. It's required in about 800 metabolic processes in our bodies. Every single cell in your body needs it. It has low levels in food; therefore almost everyone is deficient and needs to be taking some form of it. Magnesium Glycinate is the most easily absorbed form, so that's the one you should be looking at to take. There are many forms of it, so be sure it's in the glycinate form. 500mg is the recommended daily intake.

- **Vitamin K2**

If you're going to be taking vitamin D, you need to take vitamin K2 as well. Vitamin D raises the levels of calcium in your body, and with high levels it can plaque to the walls of your arteries. Vitamin K2 protects you from that and directs the calcium to your bones instead.

The American diet is deficient in K2. Because animals are raised and fed out in confinement they do not produce it. The best food sources of K2 are free range chickens and their eggs, grass fed beef and their milk, and pastured pork. Since you can't buy these foods in most grocery stores we recommend K2 supplementation.

There are many different types of vitamin K out there. You'll want to look for one that says either vitamin K2-4 or vitamin K2-7 on the label. Nattovena is a good brand; you can purchase it at Natural grocers. Once again, if you're taking Blue Ice with high vitamin butter oil, you won't need to add in another supplement to get K2.

- **Protandim- Nrf1 and Nrf2 Synergizers**

The following is taken from a LifeVantage Blog post. You can read part 1 of the post [here](#), and follow the links to read parts 2 and 3.

"The human body has two different ages – a chronological age and a biological age. Chronological age refers to the actual time you have been alive, meaning how old you are in years. Biological age refers to how old you appear to be and has to do with what's happening inside of your body. Think of it as the age of your body organs (heart, brain, muscles) and instead of being measured in years, biological age is measured by looking at the amount of wear and tear inside the body. This wear and tear is indicated by the health of your cells (which make up your body organs). And the health of your cells is represented by the functionality of certain cell structures as well as the presence of cellular damage. So the symptoms we associate with aging (gray hair, memory loss, aches and pains, etc.) can be thought of as outward indicators that cell function is declining and cellular damage is racking up. Thus,

to slow the aging process would require steps to be taken to – Promote cell function and protect the body from cellular damage”

That’s where Protandim comes in. The Nrf1 Synergizer maintains mitochondrial production in your cells, therefore promoting cellular function, and the Nrf2 Synergizer minimizes oxidative stress, protecting you from cellular damage.

Taking these products once a day for 30 days can jump-start your body on its way to preventing any further damage. It takes about 7 years for your body to replace every single cell, so you may not see immediate results, but it will do amazing things for you and your health.

For the best price on this product go to claricejones.lifevantage.com , click the join us button and sign up as a preferred customer. This will put the product on auto-ship, but it can be cancelled at any time. You can also buy the dual-pack for a small discount. For more information you can visit the website listed above, or call Clarice at 573-338-3216.

These statements have not been evaluated by the FDA. Statements made here are the opinion of Maxwell Family Chiropractic, and are based on our personal use and research. All material provided is for informational and educational purposes, and is not intended for medical advice. It is important to do your own research and understand what you are taking, and to understand what is best for your body and lifestyle.