



# Supplements

Unfortunately, due to lack of nutrients in our soil from industrialized agriculture, our fruits and vegetables are oftentimes depleted of nutrients. Besides soil depletion, environmental toxins and stress also further deplete vitamins and minerals within our bodies. In order to make up these deficiencies, there are five supplements that most functional doctors agree everyone should be on.

A good, whole foodbased multi-vitamin, vitamin D3/K2, Magnesium, fish oil, and a good probiotic or daily fermented foods. Below are my recommendations for supplementation. It's a good place to start. If you work with a functional doctor, they'll be able to prescribe other brands.

I recommend the following brands.

1. A good, whole food based, multi-vitamin.

- [MegaFood](#)
- [Garden of Life](#)
- [New Chapter](#)

2. Vitamin D3/K2. It's very important to take D3 and K2 together because they work synergistically in the body.

- [Thorne](#)

3. Magnesium - A daily bowel movement is essential to gut health. If you're constipated, take a magnesium citrate to help move your bowels. A dose for a good daily BM is between 300 and 1000mg, taken nightly before bed. Start with 2 tsp. If you're stools are loose in the morning, back down a bit. If you're not emptying your bowels, increase it a bit. You need to work with it to find the right dose for you. If you don't struggle with constipation, then a magnesium glycinate is what you'll want to take.

- [Citrate \(Natural Calm\)](#)
- [Glycinate \(Metagenics\)](#)

4. Fish Oil

- [Nordic Naturals - Pro EFA](#)

5. A good probiotic or daily fermented foods

- [BioKult](#)