

24 Life Changing Nutrition Solutions

research nutrients to help you **FEEL** better

Multivitamin: nutrition insurance, energy, immunity, healthy appearance, pre-natal, post-natal, heart and brain and eye and bone health, immunity, metabolism, healthy muscles, vitality

B-Complex: tired all the time, irritable, headaches, stressed, mood swings, rapid heartbeat, pregnancy/morning sickness, carpal tunnel syndrome

Alfalfa: allergies, asthma, arthritis, joint pain, gout, sinus infections, low fiber diet, constipation, digestive problems, kidney or bladder infections, bad breath, body odor, excess fluid retention

Echinacea (As needed): viral or bacterial infections, weak immune system, frequent sore throat, fight off colds and flu at first sign

Carotenoids: asthma, allergies, poor night vision, skin issues, respiratory infections, bronchitis, pneumonia, viruses, weak immune system, family cancer history, exposure to toxins, heart disease

Soy Protein Isolate: go to bed tired and wake up tired, poor muscle tone, difficulty concentrating, high cholesterol, low bone density, low or fluctuating blood sugar, poor digestion, slow healing

Coenzyme Q10: on cholesterol lowering meds, congestive heart failure, fatigue, lack of energy, cold hands or feet, irregular heart beat or rhythm, fluid retention, edema, gum disease, poor circulation

L-theanine, Ashwagandha: feel stressed out often, time pressure deadlines, muscle tension, angry outbursts, difficulty concentrating, not enough hours in day

Garlic: high cholesterol, high triglycerides, high blood pressure, blood clots, aneurysms, viral or bacterial infections, yeast infections, Candida, sinus infection, allergies, asthma, colitis

Ginkgo Biloba Complex: trouble concentrating, poor memory, ADD, dementia, vertigo, dizzy, ringing in ears, macular degeneration, asthma, headaches, diabetic circulation problems, cataracts, glaucoma

Milk Thistle Complex: liver damage, hepatitis, cirrhosis, take prescription or over-the-counter meds, food allergis or intolerances, canker sores, acne

Saw Palmetto: enlarged prostate gland, trouble with urination, slow urination, kidney or urinary infections, waking up at night to urinate

Digestive Enzymes: food intolerances, lactose intolerance, constipation, gas, bloating, indigestion, toxicity

Peppermint and Ginger: upset stomach, acid indigestion, gas, bloating, morning sickness, motion sickness

Glucosamine and Boswellia: extract osteoarthritis, joint pain, improves joint mobility, sports injuries, cartilage degeneration, flexibility

Vitamin C: get viruses a lot, chronic infections, bruise easily, allergies, cancer prevention, eat processed meats, varicose/spider veins

Vitamin E (Complex): heart disease, asthma, poor circulation, diabetes, stroke risk, cold hands & feet, scarring, autoimmune disorders, menopause/hot flashes

Calcium: muscle cramps, muscle tension, irritability, insomnia/sleep problems, PMS/menstrual cramps, joint pains, back aches, low dairy intake, osteoporosis, tooth decay/cavities/grinding teeth

Iron (plus Vitamin C): anemia, heavy menstruation, dark circles under eyes, vegetarian diet, low energy, fatigue, stress

Lecithin: high cholesterol, poor memory, concentration problems, learning challenges, trying to lose weight

Omega-3 fatty acids: high cholesterol, triglycerides and blood pressure, heart disease, blood clots, migraine headaches, learning challenges, ADD, autism, eczema, psoriasis, ulcerative colitis, asthma, allergies, inflammation

Ginseng Complex: recurrent fatigue, mental or physical exhaustion, no initiative, low blood pressure, high levels of stress, blood sugar irregularities, depression, poor appetite

Fiber: high cholesterol, diabetes, constipation, acne, body odor, colon problems, diet high in processed foods, heart disease

Probiotic: antibiotic use, immunity, Chron's, Colitis, IBS, rashes, eczema, psoriasis, recurrent sinus infections, allergies, infections

Disclaimer: Not intended to diagnose, treat, cure or prevent any disease. This information has not been evaluated by the Food and Drug Administration.

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