



Supplement Cheat Sheet

Supplements may not be a necessity when eating a diet composed of varied vegetables, animal protein, and dietary fat. It's important to eat food first to support health, weight management, and performance. If your diet is limited for any reason, you cannot always source your food from local, sustainable, organic regenerative farms, or if you have a medical condition, supplements may be beneficial. Below are some suggested supplements that may help you reach optimal health by assisting in management of various issues. **REMEMBER! Every person is very unique and if you have a team managing any medical problems be sure to speak with them before changing your supplement regimen.**

Nutrient	Category(s)	Suggested Dose	Benefits	Suggested Brands/Forms	Food Sources
Multi-vitamin/mineral	Recommended to take during PHD Weight Loss Phase	As directed by label	Obtaining all basic nutrients through a healthy approach to eating is the goal. However, our diet may be restricted for a variety of reasons and our agriculture system has robbed even the healthiest foods of their dense nutrient value. We recommend you take this multivitamin/mineral or something comparable while you are dropping weight.	Thorne: Multi-Vitamin Elite Trace Minerals	A diet high in varied colorful vegetables, animal proteins, and dietary fats from animal, coconut, avocado, or olive sources, nuts and seeds
Electrolytes	Cramping Metabolic Shift Fat Burn Support Headache	As needed	Getting enough electrolytes through food is difficult. Most people are deficient to begin with. Burning fat exposes this deficiency and increases your electrolyte needs.	Ultima www.ultimareplenisher.com LMNT (higher sodium) www.drinklmnt.com	Generously salting foods: Natural Sea Salt www.celticseasalt.com
Magnesium	Sleep Cramps Stress Constipation Life Headaches	250-400 mg/day	Magnesium Bisglycinate/Malate: Common oral form that may help muscle cramping, anxiety/stress symptoms and sleep. Magnesium Threonate: Less common but only form shown to cross blood	Mag glyc/malate: <ul style="list-style-type: none"> Thorne: Mag Bisglycinate Mag Threonate: <ul style="list-style-type: none"> Life Extension Neuro Mag 	Nuts, seeds, beans, greens, fish/meat, whole grains <i>(Consult your physician if you have kidney problems prior to supplementation)</i>

			<p>brain barrier. -Best for anxiety, depression, PTSD, sleep and cognitive function.</p> <p>Magnesium Citrate-relaxing and laxative effects.</p>	<p>Mag Citrate:</p> <ul style="list-style-type: none"> • Thorne: Mag Citramate • Natural Calm 	
Melatonin	Sleep	3-5mg nightly	Melatonin supplementation may help sleep if you have trouble falling asleep.	Thorne: 3mg or 5mg	None. Sun exposure during the day will help melatonin secretion at night.
GABA (Gamma Aminobutyric Acid)	Sleep Stress	250mg nightly	GABA is an inhibitory neurotransmitter. Supplementation may reduce feelings of stress, anxiety and fear.	Thorne: PharmaGABA	Cruciferous veggies, Fermented Foods, mushrooms, spinach
5-Hydroxytryptophan (5-HTP)	Sleep Stress Craving	100-300 mg/day	5-HTP is a precursor to the neurotransmitter serotonin. Increases in serotonin may help with feelings of stress and sugar cravings!	Thorne: 5-Hydroxytryptophan	None. Consuming the amino acid tryptophan (think turkey) doesn't appear to increase 5-HTP levels.
Valerian Root Ashwagandha	Sleep	Variable	Herbs for sleep are an effective tool for sleep onset and maintenance.	Proper Sleep Supplements	N/A - Proper makes multiple blends to experiment with.
Calcium	Bone Health	Max 1,000 mg/day (500 mg 2x/day)	Calcium supplementation is controversial. It is most supported for those with osteopenia/osteoporosis. Calcium plays a role in muscle contraction, nerve transmission, hormone regulation and bone health.	Thorne: DiCalcium Malate Calcium-Mag-Malate	Dairy, fortified foods like tofu or rice milk, seeds, dark leafy greens such as kale and spinach, broccoli, and beans (navy, soy, pinto, garbanzo, Lima)

Vitamin D	Life Stress Sleep Hormone Bone Health Thyroid	1,000- 5,000 IU Daily <u>Vitamin D3 + K2</u>	Vitamin D is a critical “pre-hormone” that is involved in signaling throughout the body and plays a role in nearly every body system. Vitamin D deficiency is extremely common and most people need to supplement to maintain ideal levels above 50. This is a vitamin that you can take too much of so consider direct to consumer testing or working with your physician.	Thorne: Vitamin D Capsule Vitamin D Liquid Vitamin D/K2 Liquid Vitamin D Home Test 3-K Complete	The sun (May-October between 10am and 3pm), fatty fish like salmon, mackerel, and tuna, egg yolks, cheese, fortified milk
Fish oil and Omega 3s	Cholesterol Weight Loss Hormones Stress Thyroid	1,000- 4,000 mg/day	Omega 3 polyunsaturated fatty acids are critical to many aspects of health. Supplementation may support inflammation reduction, optimal circulatory/heart function and lipid metabolism as well as support weight loss and maintenance. High EPA products are preferred for cholesterol optimization and weight loss.	Thorne: Omega plus Super EPA Super EPA Pro Omega 3 + Q10 *keep refrigerated	Cold-water fatty fish like salmon, tuna, and/or halibut (2x/wk), flax seeds, walnuts, tofu, cod liver oil supplements
Probiotic Prebiotic	Gut health	n/a	Prebiotics and probiotics support gut flora health. Research is ongoing but probiotics may support your flora in times of stress or while on antibiotics. Prebiotics support the health of “good” gut bacteria.	Thorne: FlorPro-LP FloraMend Prime FiberMend EnteroMend Effusio Prebiotic+ Arabinex Bacillus Coagulans	Cultured dairy or vegetables such as yogurt, kefir, sauerkraut, pickles, Kombucha, tempeh Kimchi
Berberine	Blood Sugar Longevity	500- 2,000mg Daily	Berberine is an herb that has been shown to help lower blood sugar, support weight loss and promote longevity.	Thorne: Berberine	None

Alpha Lipoic Acid (ALA)	Blood Sugar Neuropathy	300-600mg daily	ALA is a potent antioxidant that appears to reduce blood sugar in diabetics and improve nerve function.	Thorne: Alpha Lipoic Diabenil	Red Meat Organ Meats Broccoli, Spinach, Brussels
CoQ-10	Heart Health Cholesterol Blood Sugar	30-100 mg/day	CoQ-10 is an antioxidant specifically studied in heart disease. Highly recommended for anyone on a statin drug or with a history of heart disease.	Thorne: Q-Best 100 Q-10 Plus Omega 3 w/CoQ10	Salmon Organ Meats
B-Vitamins	Heart Health Inflammation Methylation Longevity Neuro	n/a	B-vitamins are involved in many pathways in the body including methylation and detoxification. Methylated B-vitamins support those that genetically methylate less efficiently.	Thorne: Methylguard Methylguard Plus	Salmon, Trout, Leafy Greens, Eggs, Dairy, Shellfish, Chicken Turkey, Beef, Pork, Nutritional and Brewer's Yeast
Selenium	Thyroid	200-400 mcg/d	Selenium is an essential nutrient that is required to convert T4 to the active T3. It may also reduce autoimmune thyroid symptoms.	Thorne: Selenomethionine	Fish, Pork, Beef, Turkey Brazil Nuts (Maintenance)
Tyrosine/Iodine	Thyroid	Variable	Tyrosine and Iodine are both building blocks for thyroid hormone	Thorne: Iodine & Tyrosine	Iodine: Seaweed, ocean fish Tyrosine: Red meat, fish, poultry
Zinc	Thyroid Immunity Exercise	15-30 mg daily	Zinc is a master essential nutrient that is critical to thyroid and immune function as well as skin and eye health.	Thorne: Zinc bisglycinate Zinc Picolinate Pic Mins	Red Meat Liver Poultry Spinach



Copper	Thyroid Immunity	1-3mg daily	Copper and Zinc compete with each other and if you take zinc for an extended time should take copper (not at the same time).	Thorne: Copper Bisglycinate Advanced Nutrients Heavy Metal Support	Organ Meats Seafood
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***Supplements for diabetes management may be beneficial.** Discuss appropriateness and dosage with your physician.

It is recommended that you speak to your doctor before taking supplements!