

# Top 5 Supplements for Optimal Health

1



## O.N.E. by Pure Encapsulations

Say hello to one of the most comprehensive multivitamins on the market. This is our #1 because it is only one capsule a day!

2



## Pro Omega 2000 D by Nordic Naturals

Nordic Naturals is known for producing some of the highest quality fish oil in the world. The best part? You will not experience fish burps or heavy metals! Our favorite is the lemon flavor. Bonus: This fish oil contains 1,000 IU of vitamin D, also critical for immune health and disease prevention!

3



## Magnesium by Innate Response

We love this highly absorbable magnesium blend. It is gentle, effective and strategically paired with whole food spinach for best absorption. Take 1 hour before bed for ultimate rest and relaxation

4



## Therbiotic Complete by Klaire Labs


There is nothing more important to overall human health than a diverse "ecosystem" of bacteria, otherwise known as the gut microbiome. In addition to eating a variety of colorful, fiber-rich foods, taking a multi-strain, professional grade probiotic is a great way to grow this lovely ecosystem. Be sure to take your probiotic with food.

5



## Meriva by Thorne

Meriva is the most clinically studied curcumin on the market with 29x greater absorption than ordinary curcumin. Meriva helps maintain a healthy inflammatory response throughout the body and provides relief from overuse of muscles and joints.

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