



HealthyBodyHealthyLife
with *Melissa Koerner*

Essential Supplements Guide



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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



IMPORTANT:

When you take supplements of any kind it is important that you invest in high-quality products—not all supplements are created equal.

Below are recommended products that I personally use and recommend to my clients.

Keep in mind that each person reacts differently to supplements, so I encourage you to “test” yourself to see how you feel. If you find that you feel worse after taking a certain supplement, then it may not be suitable for you.

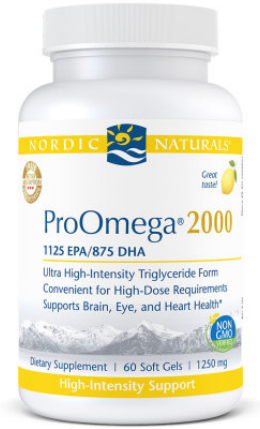
Always consult your physician before taking a new supplement.



Omega-3 Fatty Acids

Recommended Product and Brand: ProOmega 2000 by Nordic Naturals
Recommended Serving: 1 tsp 1-2 times per day with food

To ensure maximum freshness, The Very Finest Fish Oil™ is closely managed from sea to store. They source the highest quality, deep, cold-water fish using traditional, sustainable methods. The Very Finest Fish Oil™ is then bottled with a touch of vitamin E and is given a nitrogen flush to remove oxygen and help prevent oxidation. Each teaspoon of The Very Finest Fish Oil™ provides 1,600 mg of omega-3s, including EPA and DHA, which support heart, brain, vision, and joint health. Like all Carlson omega-3s freshness, potency, and purity are guaranteed.



Multivitamin

Recommended Product and Brand: Multi for Women by Mega Foods
Recommended Serving: 2 tablets per day with or without food

MegaFood® Multi for Women is formulated by award-winning integrative medical physician, Tieraona Low Dog, M.D., specifically for women who seek optimal health and wellbeing*. Our twice-daily tablets can be taken any time throughout the day, and are crafted with a blend of vitamins and minerals that support a woman’s unique physiological needs, including normal hormonal fluctuations*. It includes 15 mg of FoodState® Iron to replenish levels lost during menstruation*, a full spectrum of FoodState® B vitamins to support healthy energy production and nervous system health*, 800 IU (20 mcg) of vitamin D to support already healthy bones and mood, plus biotin, beta carotene and vitamins A, C and E.



Recommended Product and Brand: Daily Multi Powder for Women Over 55 by Mega Foods
Recommended Serving: blend 1 level scoop with 6-8 ounces of water or in a smoothie

All the multivitamin nutrition you need from in an easy-to-take powder form! And—it was formulated with women 55 and older in mind. That means no iron (not recommended at this life stage), and lots of potent FoodState® B vitamins to protect your nervous system and healthy energy production.* There are 43 mcg of vitamin D to support your healthy bones*, and we also added organic turmeric root for added nourishment.* It’s a daily dose of optimal health and well-being for a powerful, busy woman, like you.*





Probiotics

Recommended Product and Brand: HLC High Potency by Pharmax

Recommended Serving: 1 capsule 1-2 times per day with food, at least 2-3 hours before and after taking antibiotics

HLC High Potency Capsules provides a combination of four strains of proprietary, human-sourced probiotics and fructooligosaccharides (FOS) that helps to promote gastrointestinal health in adults and children. In a randomized, placebo-controlled trial involving 22 adults, daily supplementation with a probiotic containing Lactobacillus acidophilus supported a healthy microflora balance. Lactobacilli and Bifidobacteria, the most commonly used probiotics, help colonize the intestines and mediate the permeability of epithelial cells.*



Vitamin D-3 & K-2

Recommended Product and Brand: Vitamin D-3 & K-2 by Now

Recommended Serving: 1 capsule 1-2 times per day with food

NOW combines two nutrients extensively researched for their contribution to the health of bones, teeth and the cardiovascular system.* Vitamin D3 promotes Calcium transport and absorption.* Recent studies indicate that Vitamin D3 may play a role in proper insulin action and glucose metabolism and has an important function within the immune system.* Vitamin K is critical for the formation of a healthy, strong bone matrix.* Vitamin K's role in arterial health revolves around its ability to support proper Calcium metabolism in vascular structures.* Vitamin K2 is a readily active and biologically available form of Vitamin K.*



WARNING

For adults only. Consult physician if pregnant/nursing, taking any anti-coagulant (such as warfarin, coumadin, heparin) or other medication, or have a medical condition. Keep out of reach of children.

***Note:** The amount of vitamin D needed varies from person to person. It's a good idea to get your vitamin D levels tested to see what your current levels are then have them retested after you start taking a vitamin D3 supplement. It takes about 3 months to equalize your vitamin D levels. After 3 months have your vitamin D levels tested again. If you're in the ideal range, maintain the current supplemental amount. If you're not in the right range, increase the supplemental amount to anywhere from 3,000 to 5,000 units per day. Get your vitamin D levels tested every 3 months until your level is in the ideal range. The ideal range is between 55 to 80 nanograms per milliliter. It may take 3-4 tests to get to the ideal range. You can order a Vitamin D test called *25(OH) Vitamin D* from the Vitamin D Council website.



Trace Minerals

Recommended Product and Brand: Trace Mineral Tablets by Trace Minerals Research
Recommended Serving: 1-3 tablets per day with food. Moderately increased dosages are safe if needed or desired but larger amounts may have a laxative effect.



Low sodium ConcenTrace® Trace Mineral Tablets is the most powerful natural health mineral supplement in the world. It's impossible to underestimate the importance of minerals and trace minerals for the human body. They are the catalysts for all the vitamins and other nutrients your body uses for developing and maintaining good health. ConcenTrace® Trace Mineral Tablets captures the perfect balance of those minerals. Using ConcenTrace® every day will help maintain the healthy function of your body's entire electrical system. It will help your body maintain peak energy stores so you feel a heightened sense of health and wellness.

Extracted from the Great Salt Lake, ConcenTrace® contains a full spectrum of all the minerals in a balance natural to the body. Once extracted, they use a completely natural concentration process that removes the sodium from the Great Salt Lake water. The result of this natural process is ConcenTrace®, an all-natural ionic trace mineral blend that is 26 times more concentrated than colloidal trace minerals, making it one of the most naturally powerful health supplements on the market.

Instructions to order these supplements through Fullscript and get 15% off:

I personally buy all of my supplements through Fullscript. They're the largest online dispensary of professional-grade supplements. After much research, I've found that they are a trusted and safe way to get high quality, professional-grade supplements. It's very important to take high-quality supplements – the recommended brands are top-grade.

1. click here <https://us.fullscript.com/welcome/mkoerner> to create an account on Fullscript.com. You'll enter your email and full name and you'll create a password.
2. Once you create an account, you'll be able to login by entering your email and password.
3. I create a special category on Fullscript where all of these supplements can be found. When you login in to your personal account on Fullscript click on "Catalogue," then click on "Categories," then the "Essential Supplements Kit."

It's really simple and easy to use. :-)