

















## Supplements: recommended

This list is a work in progress. Supplements listed here are not the only good ones. Links are only for your convenience; you can purchase from anywhere that gives you best value.

<b>Discount Code</b>	<b>Retailer</b>
uzi333	iHerb (code good for first order only)
health	Emerson Ecologics (my patients get a discount)
<b>Vitamin A</b>	
	Solgar, Dry Vitamin A (retinyl palmitate), 5000 IU, \$7 <a href="http://www.iherb.com">www.iherb.com</a>
<b>B complex</b>	
	Pure Encapsulations, B-complex plus <a href="http://www.emersonecologics.com">www.emersonecologics.com</a>
	Thorne Research, Basic B, \$19.30 <a href="http://www.emersonecologics.com">www.emersonecologics.com</a> <a href="http://www.iherb.com">www.iherb.com</a>
	Thorne Research, B-complex #12, \$13.95 <a href="http://www.emersonecologics.com">www.emersonecologics.com</a> <a href="http://www.iherb.com">www.iherb.com</a>
<b>Vitamin B2</b>	
	Thorne Research, Riboflavin 5 phosphate <a href="http://www.iherb.com">www.iherb.com</a>
<b>Vitamin B6</b>	
	Country Life, P-5-P <a href="http://www.iherb.com">www.iherb.com</a>
	Now Foods, P-5-P <a href="http://www.iherb.com">www.iherb.com</a>
<b>Vitamin C</b>	
	Doctor's Best, Best Vitamin C, 500 mg, 120 veg caps, \$9.42 <a href="http://www.iherb.com">www.iherb.com</a>
<b>Vitamin D3</b>	
	Healthy Origins, D3 5000 IU <a href="http://www.iherb.com">www.iherb.com</a>
<b>Vitamin E</b>	
	Now Foods, Gamma E Complex, Advanced, 120 Softgels <a href="http://www.iherb.com">www.iherb.com</a>

	<p>Life Extension, Gamma E Tocopherol, with Sesame Lignans, 60 Softgels  <a href="http://www.iherb.com">www.iherb.com</a>  Typical price \$24</p>
<p><b>Multi-Vitamins</b></p>	
	<p>Thorne Research, Citrate Formula, Basic Nutrients III without Copper and Iron  <a href="http://www.iherb.com">www.iherb.com</a>  Do not exceed 2-3 capsules daily!!</p>
	<p>Garden of Life, KIND Organics. \$56  Prenatal: <a href="http://www.iherb.com">www.iherb.com</a>  Women's Multi: <a href="http://www.iherb.com">www.iherb.com</a></p>
<p><b>Alpha KetoGlutarate</b></p>	
	<p>Source Naturals, K-Mag KG  <a href="http://www.iherb.com">www.iherb.com</a></p>
<p><b>Phoschol</b></p>	
	<p><i>Higher quality supplements have higher concentration</i>  Solgar, Phosphatidylcholine, 100 softgels, \$15-16  <a href="http://www.iherb.com">www.iherb.com</a></p>
	<p>Nutrasal, PhosChol, 8 oz, \$104 (less with discount)  <a href="http://www.emersonecologics.com">www.emersonecologics.com</a></p>
<p><b>Chlorella</b></p>	
	<p>Earth Circle Organics, Chlorella Powder, Raw Organic, 4 oz (113 g)  <a href="http://www.iherb.com">www.iherb.com</a></p>
<p><b>Iodine</b></p>	
	<p>Lugol's 2% solution, \$13  <a href="http://www.vitacost.com">www.vitacost.com</a></p>
	<p>Life Flo Health, Liquid Iodine Plus, \$6  <a href="http://www.iherb.com">www.iherb.com</a></p>
<p><b>Ashwagandha</b></p>	
	<p>Paradise Herbs, Ashwagandha  <a href="http://www.iherb.com">www.iherb.com</a></p>
	<p>Life Extension, Optimized Ashwagandha  <a href="http://www.iherb.com">www.iherb.com</a></p>
<p><b>DMSO</b></p>	

	DMSO 99% <a href="http://www.exclusivewellnessclub.com">www.exclusivewellnessclub.com</a>
<b>Protein Powder</b>	
	Garden of Life, Raw Protein, Beyond Organic Protein Formula <a href="http://www.iherb.com">www.iherb.com</a>
<b>Nattokinase</b>	
	Healthy Origins, Nattokinase 2000 FU <a href="http://www.iherb.com">www.iherb.com</a>
	Jarrow, NattoMax 2000 FU <a href="http://www.iherb.com">www.iherb.com</a>
<b>Rhodiola</b>	
	Gaia Herbs, Rhodiola Rosea <a href="http://www.iherb.com">www.iherb.com</a>
	Jarrow, Rhodiola Rosea, 500 mg <a href="http://www.iherb.com">www.iherb.com</a>