

The background of the image is a light-colored, textured fabric. Scattered across it are several translucent, amber-colored capsules. Some are grouped on a light-colored wooden spoon, while others are scattered on the fabric. To the right, there are several bright green leaves and small green buds, possibly from a citrus tree. A semi-transparent white rectangular box is centered over the image, containing the text.

Supplement Cheat Sheet

THE SUPPLEMENT MARKET IS
ON FIRE, BUT NOT ALL
SUPPLEMENTS ARE CREATED
EQUAL. GET IN THE KNOW
WITH THIS GUIDE.

THIS IS NOT MEDICAL ADVICE. CONSULT WITH
YOUR MEDICAL DOCTOR BEFORE TAKING
SUPPLEMENTS.

MINERALS

What You Should Know



MAGNESIUM

WHAT IT IS GOOD FOR: THE MAJORITY OF PEOPLE ARE LOW IN MAGNESIUM, LARGELY DUE TO THE WAY OUR FRUITS AND VEGETABLES ARE HARVESTED. THEY ARE OFTEN VOID OF THIS CRUCIAL MINERAL. MAGNESIUM IS NECESSARY FOR ENERGY PRODUCTION, MOOD STABILIZATION, ADEQUATE BONE GROWTH AND MUSCLE CONTRACTION, AND EFFECTIVE METABOLISM. WHEN MAGNESIUM IS LOW YOU COULD BE EXPERIENCING ANXIETY, MUSCLE CRAMPS, HEADACHES, FATIGUE, BRAIN FOG, OR DEPRESSION.

WHAT TO LOOK FOR: MAGNESIUM COMES IN DIFFERENT FORMS AND CAN CAUSE DIARRHEA. GENERALLY MAGNESIUM GLYCINATE AND THREONATE ARE TOLERATED WELL.

CLEAN BRANDS:

[SPORTS RESEARCH MAGTEIN](#)
[MAGNESIUM L-THREONATE](#)

[SOURCE NATURALS MAGNESIUM](#)
[MALATE](#)

ZINC

WHAT IT IS GOOD FOR: ZINC IS USED TO CREATE PROTEINS AND DNA. IT IS CRUCIAL FOR WOUND HEALING AND OPTIMAL IMMUNE FUNCTION. IT ASSISTS IN MANY OF THE BODIES ENZYMATIC REACTIONS. IT CAN HELP REDUCE INFLAMMATION AND THE EFFECTS OF AGING. WHEN ZINC IS LOW, ONE COULD EXPERIENCE DRY SKIN, BUMPS ON THE SKIN, POOR WOUND HEALING, DIARRHEA, AND SKIN RASHES.

WHAT TO LOOK FOR: NSF CERTIFIED TO SHOW THAT THE BRAND FOLLOWS STRICT MANUFACTURING PROTOCOLS.

CLEAN BRANDS:

[GARDEN OF LIFE CODE RAW VEGAN ZINC](#)
[CAPSULES](#)

[THORNE ZINC PICOLINATE](#)

IRON

WHAT IT IS GOOD FOR: IRON CARRIES OXYGEN THROUGHOUT THE BODY AND HELPS PRODUCE ENERGY. IT IS BEST TAKEN IN COMBINATION WITH VITAMIN C. WHEN IRON IS LOW, ONE MAY BE FEELING TIRED, RAPID HEART RATE, DIZZY, HEADACHES, COLD, AND PALE.

WHAT TO LOOK FOR: CHECK HOW MUCH "ELEMENTAL IRON" IS IN THE SUPPLEMENT WHICH IS THE IRON THAT CAN BE UTILIZED BY THE BODY.

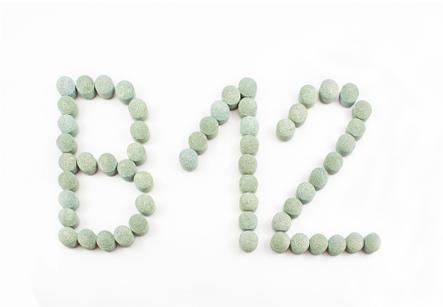
CLEAN BRANDS:

[GARDEN OF LIFE VITAMIN CODE RAW](#)
[IRON](#)

[THORNE IRON BISGLYCINATE](#)

VITAMINS

What You Should Know



VITAMIN B12

WHAT IT IS GOOD FOR: ASSISTS IN THE FORMATION OF RED BLOOD CELLS, NERVES, AND DNA. FOUND IN ANIMAL PRODUCTS, THEREFORE VEGANS MUST SUPPLEMENT WITH VITAMIN B12.

WHEN VITAMIN B12 IS LOW ONE MAY EXPERIENCE FATIGUE, WEAKNESS, POOR MEMORY, BRAIN FOG, NUMBNESS OR TINGLING, DEPRESSION, ANEMIA, AND WEAKNESS.

WHAT TO LOOK FOR IN THE SUPPLEMENT: LOOK FOR THE METHYLCOBALAMIN FORM OF VITAMIN B12 AS THIS IS BEST UTILIZED BY THE BODY AND DOES NOT NEED TO GO THROUGH A CONVERSION PROCESS IN THE BODY.

CLEAN BRANDS:

GARDEN OF LIFE B12 VITAMIN

DOCTOR'S BEST FULLY ACTIVE B12

FOLATE

WHAT IT IS GOOD FOR: FOLATE (VITAMIN B9) ASSISTS WITH PROTEIN SYNTHESIS, CELLULAR DIVISION, CELLULAR REPAIR, AND MATURATION OF RED BLOOD CELLS. IT IS IMPORTANT FOR PREGNANT WOMEN TO REDUCE THE RISK OF NEURAL TUBE BIRTH DEFECTS. WHEN FOLATE IS LOW, ONE MIGHT EXPERIENCE WEAKNESS, SWOLLEN TONGUE, LOW APPETITE, NAUSEA, DIARRHEA, FAST HEAR RATE, NUMBNESS OR TINGLING, PALE SKIN, OR SHORTNESS OF BREATH.

WHAT TO LOOK FOR IN THE SUPPLEMENT: MUST BE LISTED AS FOLATE AND NOT AS FOLIC ACID. FOLIC ACID NEEDS TO GO THROUGH A CONVERSION PROCESS IN THE BODY AND CAN POTENTIALLY INCREASE CANCER RISK.

CLEAN BRANDS:

THORNE 5-MTHF 1MG - METHYLFOLATE (ACTIVE B9 FOLATE) SUPPLEMENT

DOCTOR'S BEST FULLY ACTIVE FOLATE WITH QUATREFOLIC NONGMO VEGAN GLUTEN FREE 400 MCG VEGGIE CAPS

VITAMIN D3

WHAT IT IS GOOD FOR: VITAMIN D3 IS INVOLVED IN OVER 200 PROCESSES IN THE BODY. IT BOOSTS IMMUNITY, STRENGTHENS MUSCLES AND BONES, IMPROVES METABOLISM, AND REGULATES INSULIN LEVELS. WHEN VITAMIN D IS LOW, ONE MAY EXPERIENCE DEPRESSION, WEIGHT GAIN, FATIGUE, GETS SICK FREQUENTLY, MUSCLE PAIN, HAIR LOSS, AND POOR HEALING.

WHAT TO LOOK FOR IN THE SUPPLEMENT: IS IT TRULY VITAMIN D3 (NOT VITAMIN D2). VITAMIN D IS FAT SOLUBLE SO YOU CAN GET TOO MUCH, HAVE YOUR BLOOD WORKED CHECKED. BEST ABSORBED WHEN TAKEN WITH VITAMIN K. OUR BODIES SYNTHESIZE VITAMIN D BETTER THAN WE ABSORB IT. THEREFORE DAILY NATURAL SUNLIGHT DIRECT TO OUR SKIN IS IMPORTANT!

CLEAN BRANDS:

NATURESPUS VITAMIN D3 (CHOLECALCIFEROL) - 5000 IU

DOCTOR'S BEST VITAMIN D3 5,000 IU FOR HEALTHY BONES

VITAMINS

What You Should Know



VITAMIN A

WHAT IT IS GOOD FOR: VITAMIN A IS ESPECIALLY IMPORTANT FOR EYE HEALTH AND VISION, IMMUNE HEALTH, AND MAINTENANCE OF SKIN/MUCOUS MEMBRANES. SIGNS OF LOW VITAMIN A ARE DRY SKIN, DRY EYES, VISUAL DEFICITS, RESPIRATORY INFECTIONS, POOR WOUND HEALING, ACNE, AND GROWTH DELAYS.

WHAT TO LOOK FOR: CONSIDER COD LIVER OIL AS A CLEAN VITAMIN A PRODUCT RATHER THAN A SYNTHETIC FORM.

CLEAN BRANDS:

NORDIC NATURALS VITAMIN A + CAROTENOIDS

BRONSON VITAMIN A 10,000 IU PREMIUM NON-GMO FORMULA SUPPORTS HEALTHY VISION & IMMUNE SYSTEM AND HEALTHY GROWTH & REPRODUCTION

VITAMIN C

WHAT IT IS GOOD FOR: VITAMIN C IS A STRONG ANTIOXIDANT AND IT HELPS HEAL THE BODY FROM OXIDATIVE STRESS, PREVENTING AGAINST CANCER, AGING, AND REDUCING INFLAMMATION. IT ALSO HELPS PRODUCE COLLAGEN AND NEUROTRANSMITTERS. IT CAN BOOST OUR IMMUNE SYSTEM AND HELP US ABSORB IRON.

WHAT TO LOOK FOR: BUY VITAMIN C AS AN ORGANIC FORM OR LIPOSOMAL FORM RATHER THAN THE SYNTHETIC FORM (ASCORBIC ACID). THIS IMPROVES OUR BODIES ABILITY TO UTILIZE THE VITAMIN C.

CLEAN BRANDS:

DOCTOR'S BEST VITAMIN C WITH QUALIC 1000

GARDEN OF LIFE VITAMIN C - VITAMIN CODE RAW VITAMIN C

OTHER

What You Should Know



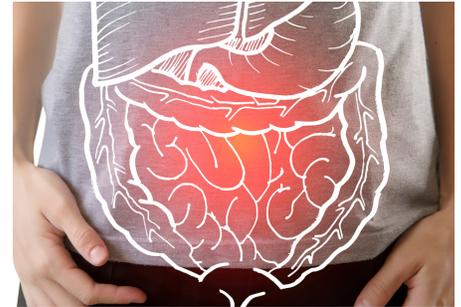
OMEGA 3

WHAT IT IS GOOD FOR: OMEGA 3'S ARE ESSENTIAL FATTY ACIDS THAT ARE A CRITICAL PART OF OUR CELLULAR MEMBRANES . OUR BODIES NEED OMEGA 3 FATTY ACIDS TO REGULAR BLOOD CLOTTING, RELAX ARTERIAL WALLS (REDUCING BLOOD PRESSURE), AND TO REGULATE INFLAMMATION. OMEGA 3'S REDUCE OUR RISK FOR HEALTH DISEASE. SIGNS OF LOW OMEGA 3 INCLUDE FATIGUE, INFLAMMATION, BRAIN FOG, JOINT PAIN, LEG CRAMPS, CARDIOVASCULAR ISSUES, PAINFUL MENSTRUAL CYCLE, AND POOR HAIR/SKIN/NAIL QUALITY.

WHAT TO LOOK FOR: AVOID ADDITIVES SUCH AS ASTAXANTHIN AND LOOK FOR THRID PARTY TESTED .

CLEAN BRANDS:

OMEGA 3 NORDIC LINE



DIGESTIVE ENZYMES

WHAT IT IS GOOD FOR: HELPS TO BREAK DOWN FATS, PROTEINS, AND CARBOHYDRATES. IS ESPECIALLY GOOD FOR PEOPLE WITH IBS OR LOW STOMACH ACID. CAN REDUCE SYMPTOMS OF GAS, BLOATING, CONSTIPATION, OR DIARRHEA. HELPS TO IMPROVE NUTRIENT ABSORPTION.

WHAT TO LOOK FOR: FREE FROM ARTIFICIAL COLORS, FLAVORINGS, GLUTEN, DAIRY, AND SOY. NON GMO.

CLEAN BRANDS:

CULTURE FOR GOOD

PROTEIN

What You Should Know



COLLAGEN PEPTIDES

WHAT IT IS GOOD FOR: EXCELLENT FOR REBUILDING CONNECTIVE TISSUE SUCH AS SKIN, HAIR, AND FASCIA. COULD PREVENT AGAINST JOINT DEGENERATION, IMPROVE THE ELASTICITY OF THE SKIN, AND IMPROVE THE ABILITY TO BUILD LEAN MUSCLE MASS.

WHAT TO LOOK FOR: MUST BE GRASS FED AND PASTURE RAISED. IF YOU ARE USING IT AS A PROTEIN SUPPLEMENT MAKE SURE THERE ARE MULTIPLE TYPES OF COLLAGEN (TYPES I-V) TO GET A COMPLETE AMINO ACID PROFILE.

CLEAN BRANDS:

VITAL PROTEINS COLLAGEN PEPTIDES POWDER, 9.33 OZ

ANCIENT NUTRITION COLLAGEN POWDER PROTEIN WITH PROBIOTICS, UNFLAVORED MULTI COLLAGEN PROTEIN WITH VITAMIN C, 45 SERVINGS, HYDROLYZED COLLAGEN PEPTIDES SUPPORTS SKIN AND NAILS, GUT HEALTH

WHEY PROTEIN POWDER

WHAT IT IS GOOD FOR: GREAT WAY TO ADD PROTEIN TO YOUR MEAL WITHOUT HAVING TO COOK. WHEY IS ABSORBED EASILY AND IS A COMPLETE PROTEIN. PROMOTES MUSCLE GROWTH LIKELY DUE TO HIGH LUCIEN LEVELS. IT IS HIGHLY SATIATING AND CAN BLUNT BLOOD SUGAR SPIKES.

WHAT TO LOOK FOR: JUST LIKE ANY OTHER ANIMAL PRODUCT, THERE ARE GOOD AND BAD VERSIONS. LOOK FOR 100% GRASS FED AND FOR A BRAND THAT HAS BEEN TESTED FOR HEAVY METALS.

CLEAN BRANDS:

GARDEN OF LIFE SPORT WHEY PROTEIN POWDER VANILLA, PREMIUM GRASS FED WHEY PROTEIN ISOLATE PLUS PROBIOTICS FOR IMMUNE SYSTEM HEALTH

PLANT BASED PROTEIN POWDER

WHAT IT IS GOOD FOR: QUICK AND EASY PROTEIN SOURCE FOR VEGAN OR VEGETARIANS.

WHAT TO LOOK FOR: MAKE SURE THE PRODUCT HAS BEEN TESTED FOR HEAVY METALS AS THIS IS COMMON IN PLANT BASED PROTEINS (ESPECIALLY ARSENIC FROM RICE PRODUCTS). ALSO MAKE SURE THE PROTEIN COMPLEX IS A COMPLETE PROTEIN WITH ALL AMINO ACIDS.

CLEAN BRANDS:

TRUVANI PLANT BASED USDA CERTIFIED ORGANIC PROTEIN POWDER, VANILLA