



My Supplements

I believe food is medicine and I try to eat a large variety of vegetables, fruits, protein, healthy carbs, and fats. Our food provides the necessary nutrients our body needs. However, I also know I fall short sometimes. Eating mostly a vegetarian diet has caused some deficits. So in order to aid my shortfall, I take supplements occasionally. Here are some of my favorite brands and options which we use at home.

Vitamin B12

- Support production of red blood cells and prevent anemia
- Allow nerve cells to develop properly
- Helps your cells metabolize protein, carbohydrates, and fat
- Involves its participation in the development of nerve cells
- Protein, carbohydrates, and fats depend on Vitamin B12 for their proper cycling and movement throughout the body.
- Food sources: Sardines, salmon, grass-fed beef, cod, yogurt, and eggs

Vitamin D

- Help keep your bones and teeth strong and healthy
- Regulates the growth and activity of your cells
- Help prevent excessive inflammatory immune-related activities
- Helps regulate immune system activity
- Maintain normal blood levels and calcium
- Food sources: Sardines, cod, and eggs.

Omega 3 Fatty Acids

- Promotes optimal functioning of cells
- Reduce inflammation throughout your body
- Keep your blood from clotting excessively
- Maintain the fluidity of your cell membranes
- Fresh fish is best because not only does it supply you with omega 3 fatty acids but all whole foods provide an entire range of protein, vitamins, and minerals that work together to promote optimal health.
- The American Heart Association recommends eating at least 2 servings per week however I do aim for 3-4 servings per week.
- Some fish are high in mercury so be very mindful of your selection.
- My fish selections with very low mercury are salmon (canned and wild-caught), sardines (canned), anchovies (canned), domestic shrimp, and rainbow trout
- My fish selections with low mercury levels are mahi-mahi, mackerel (canned), and skipjack tuna (canned), pollock, and cod.

Here are my choice of multivitamin options:

[Women's Soft One Daily Gummies](#)

[Women's One Daily](#)

[Men's One Daily](#)

[Kids One Daily](#)

[Alpha-Teens One Daily](#)

These are blood builders, Vitamin B12, D, and Fish Oil

[Kids B Complex](#)

[Blood Builder](#)

[B12 Energy Gummies](#)

[Balanced B Complex](#)

[Vitamin D3 Gummies](#)

So remember to eat whole foods: a combination of fresh vegetables, fruits, (preferable local or organic) wild-caught seafood, organic grass-fed meats, and eggs to receive all the nutrients and vitamins your body so desires.

If you are not use any supplements, kudos to you keep it up!
That is the ULTIMATE goal!

Let me know how you have changed your diet for a healthier YOU
or what supplements have helped fill the gap. I would like to
hear from you!:-)

Reference: Mateljan, G. (2007). The World's Healthiest Foods.