

Linda Illingworth, RDN CSSD, Lifewellness Institute, San Diego CA

More is not more when it comes to supplements. Research tells us that taking fewer supplements and relying more on food for our nutrients is the best strategy. Nutrients in food are in the most natural state with other compounds that enhance or limit absorption. Nutrients in supplements are made in the lab or may be extracted from whole food. Supplemental nutrients are isolated and are in high concentration. Most supplements are best absorbed with a meal. The form of supplement can also be important: liquid, powder, and capsule forms are more easily digested than tablets. While there might be times when you need more support, choose wisely and take only what best supports your needs. Use the list below to choose your best bets!



Vitamin D3

Dosage: 1000-5000 IU/day

A key immune system player, Vitamin D improves muscle strength and a powerful mood booster. Most of us are deficient and blood levels dip in the winter. Optimal blood levels are 50-70 ng/ml (normal range is 30-100 ng/ml) Check blood levels to determine dose right for you.

Omega 3 as EPA/DHA

Dosage: 500-1000 mg of active fatty acids EPA/DHA

Omega 3 fatty acids as EPA and DHA are bioactively different than Omega 3 from nuts, seeds and other plant sources. EPA/DHA help reduce inflammation throughout the body, are the platform for serotonin and melatonin, improve the quality of your blood lipids, and may protect the end caps or telomeres of our DNA.

Probiotic

Dosage: 10-25 Billion CFUs (number of bacteria)

Provide immune protection, reduce inflammation, promote detoxification, lower cholesterol, modulate moods, and improve nutrient absorption of calcium and iron. In addition, these healthy bacteria fight bacteria that cause colds and viruses that cause the flu.

Active B Vitamins

Dosage: 1 capsule/tablet per day or every other day

30% of the population has some impairment in ability to activate B vitamins due to a MTHFR gene trait. The MTHFR gene codes for an enzyme that activates folate and B12. Taking the active forms form of folate (methylfolate), B12 (methylcobalamine) and B6 (P-5-P or pyridoxal 5 phosphate) can improve energy, reduce inflammation from high homocysteine, improve depression/anxiety, and regulate blood sugar.

Professional supplements can be purchased at discount here:

- Klaire.com Register using code B91,D-H36
- Fullscript: <https://us.fullscript.com/welcome/lrice>

Reference chart for common supplements:

Supplement	Amount	Reasoning	Brands
Multivitamins: Contain methylfolate and methylcobalamine *NO IRON if over 50 years old	1/day OR 2-3 per week	General health or as an easy way to get multiple nutrients in one product.	One by Pure Encapsulations Prothera VitaPrime DFH Twice Daily Multi (1/day)
B Complex Contain methylfolate and methylcobalamine	1/day	Necessary for energy production, detoxification	Jarrow B Right Complete B Complex Klaire Trifolamin Designs for Health
Vitamin D3	1000-2000 IU (maintenance) 2000-5000 IU/day (restore)	Immune and mood booster, needed for calcium absorption.	Swanson Nature Made Klaire
Calcium Chelated forms best absorbed	500-800 mg/day	Only take with Vit D3, bone health, muscle and nerve conduction.	Nature's Plus OsteoForce*
Omega 3 Fish Oil (fish or algal sources) True triglyceride form is better absorbed.	500-1000 mg EPA/DHA	Reduces inflammation, raises HDL, improves blood sugar, needed for calcium absorption, mood booster.	Nordic Naturals OmegAvail Designs for Health Klaire
Probiotic Refrigerated live bacteria are best. Use shelf stable for travel	5-25 Billion cfu's	Reduces cold/flu, immune booster, calcium and iron absorption, constipation, diarrhea	Klaire Therbiotic Complete ProbioPhage Designs for Health VSL#3 Jarrow AF
Berberine	500 mg, twice daily	Reduces cholesterol, LDL, lp(a), blood sugar	Jarrow DFH*
CoQ10 Ubiquinol form will be smaller soft gel. Take at bedtime.	100 mg/day	Take with statin medication to avoid muscle cramping, promotes energy.	Qunol Solgar Bluebonnet
Red Yeast Rice Take at bedtime.	600 mg, twice daily	Plant with statin action. Lowers cholesterol.	Klaire Jarrow
Magnesium Chelate is best absorbed, <i>must use citrate for constipation</i>	100-400 mg/day	Cramping, constipation, heart health, sleep (take at bedtime). Take with acid reducers.	Designs for Health
Glucosamine/Chondroitin	750-1500 mg/day	Relieves joint pain by creating fluid space.	DONA Cosamin ASU

Commonly combined supplements for various health concerns:

- **Arthritis:** Fish oil, glucosamine, herbal anti-inflammatory (ie. Zylflamend)
- **Reflux, ulcers, IBS, gas bloating:** probiotic, magnesium, l-glutamine, deglycyrrhizinated licorice, slippery elm (ie. GI Revive*)
- **Cholesterol:** fish oil, probiotic, Berberine*, red yeast rice (less often), CoQ10, ground flax seed
- **Osteoporosis:** Vitamin D3, calcium, magnesium, Vitamin K2, Vitamin C
- **High mercury:** Mineral supplement (Complete Mineral Complex*, Citramins), N-acetyl cysteine, probiotic, 1000 mg Vitamin C
- **Immunity:** Zinc, probiotic, Vitamin C, echinacea, astragalus (Gaia Whole Body Defense)
- **Cold/flu:** Zinc lozenges, probiotic, Vitamin C, echinacea, andrographis (Gaia Quick Defense, ImmunoTone*)