SUPPLEMENT	FUNCTION	FOOD SOURCE	DOSE
HERBS	Herbs are powerful and very nutrient dense. • Vitamin C (Parsley > oranges) • Calcium (Dill > whole milk) • Potassium (Coriander & parsley > bananas) • Vitamin E (Paprika & chili powder > carrots)	• Parsley • Dill • Coriander and Parsley • Paprika and Chili Powder	Season to your tastebuds.
SPICES	Spices are nutrient dense. See the ORAC Values at http://superfoodly.com/orac-values.	• Oregano • Rosemary • Thyme • Cinnamon • Turmeric • Sage	Season your food to your liking.
OMEGA 3	These are poly unsaturated fatty acids, heat sensitive; not a good source for frying (i.e., olive oil). A good source for high heat is coconut oil, saturated fats like bacon, beef and butter.	• Egg yolks • Salmon • Sardines	Only a few mg per day so long as Omega 6s are not over done.
VITAMIN K2	Vitamin K2 is fat soluble (including A, D, E) and needs to be taken with food. Do not take prior to bed unless you eat before bed. This helps to regulate calcium metabolism, getting the calcium where you need it; the bones. If you have heavy plaque build-up behind your teeth, you might need Vitamin K2.	• Gouda Cheese • Butter • Egg yolks • Ground beef	100-200 mcg per day
MAGNESIUM	Magnesium was once in our water supply. But with drinking bottled water, magnesium is not found in a significant amount. Magnesium helps to lower blood pressure and with migraines by relaxing blood vessels.	• Spinach • Swiss Chard • Sunflower Seeds • Almonds	Up to 800 mg at bed time or split 1/2 morning and 1/2 night.
POTASSIUM	Potassium helps to maintain muscle especially during weight loss. It is also essential when on a low carb diet. A deficiency in potassium can show up as low energy, heavy legs, dizziness, crying easily, and salt cravings. Some common causes of low potassium would be dehydration from diarrhea, sweating and eating low carb that is not balanced.	• Swiss Chard • Brussels Sprouts • Tomatoes • Bell Peppers • Avocado • Herbs	up to 99 mg twice a day with or without food.

SUPPLEMENT	FUNCTION	FOOD SOURCE	DOSE
VITAMIN D3	Vitamin D3 is fat soluble like A, E, K2. A deficiency of vitamin D3 cause low moods, hormone issues, and insulin resistance. A great source of vitamin D comes from the sun. But because of sun screens, vitamin D is not produced as easily within our bodies.	• Salmon • Sardines • Tuna • Eggs • The Sun :)	If lower than 50, you can take up to 5,000 IU per day.
ZINC	If you sweat a lot, pay attention! You lose zinc when you sweat. The thyroid love zinc and requires a lot. Athletes are typically low. So if you workout hard with strength training, HIIT and cross training, you might be low in zinc too. A deficiency of zinc might be happening if you crave something sweet or salty after a meal.	• Oysters • Red meat • Spinach • Asparagus	15 to 50 mg daily with or without food.
BIFIDO BACTERIA	Bifido bacteria is a probiotic. Combine with coconut vinegar, a prebiotic (1 tbsp), for maximum absorption.	Found in fermented foods • Sauerkraut • Pickles • Kimchi	1 to 3 per day
Quality MULTI-VITAMIN	The use of a multi-vitamin is your body insurance. You want to make sure you choose a quality one.	Read the labels carefully and now the source of the contents within the capsules.	Follow directions on the bottle.
Quality SALT	Salt is important in your diet IF you are eating an UNPROCESSED diet (shopping on the parameter of the grocery store). If you are eating a processed diet, then DO NOT over salt your foods. Processed foods contain lots of salt.	• Celtic sea salt • Pink himalayan salt	Use to taste so long as you are eating an UNPROCESSED diet.
BERBERINE	Berberine is a natural way to protect against parasites, fungi yeast, and bacteria. Berberine may also improve weight management, glucose metabolism, insulin sensitivity; plus offers cardiac support.		1000 mg per meal or as directed by your medical provider.

*DISCLAIMER: Always consult your medical provider/physician before starting any fitness or nutrition program. The above is noted as suggestions to help you formulate what might be working or not working in your body. Ultimately, YOU make the final decision, take full responsibility, and determine what you put in your body.