

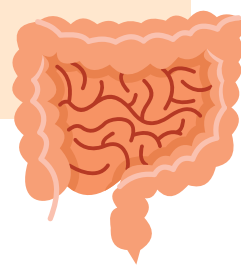
WHY

SUPPLEMENTS?

You CAN'T get these from TAKE-OUT ... and we need these nutrients to have a healthy ...

GUT

Glutamine ... Glutathione ... Magnesium
Lipoic Acid ... Carnitine ... Choline
Zinc ... Vitamins A, C, D,
K, B6, B12



MIND

Selenium ... Chromium ... Magnesium
Folate ... Zinc ... Serine ... Biotin
Inositol ... Carnitine ... Vitamins
A, C, E, B2, B6, B12, D
Lipoic Acid ... CoQ10 ...
Glutathione ... Cysteine



THYROID

Glutathione ... Choline ... Lipoic Acid
Carnitine ... Asparagine ... Selenium ...
Copper ... Zinc ... Vitamins A, B6, B12,
C, E, Folate



SLEEP

Oleic Acid ... Zinc ... Copper
Magnesium ... Vitamins
A, B1, B3, B6, B12 ...
Folate



WEIGHT

Asparagine ... Zinc ... Biotin
Carnitine ... Calcium
Lipoic Acid ... Inositol
Cysteine ... Glutamine
Magnesium ... Vitamins
A, B3, B5, D, E, K



Thanks to SpectraCell.com for their wonderful "Nutrient Correlations" ... but understand that these are general ... and each person has individual needs ...