

Alane's Favorite Supplement List

Nutritionallyyours.net / alanepnd@gmail.com / 678-372-2913

These are items I will not go without and the company I support

To make your own account with a professional line of products:

Wholescripts.com, Click on the right side by REGISTER , referral code is PAL30075 and Practitioner is ARCHER

ImmunotiX 250™ 30 Capsules: I use this 1x day as daily immune support and 1 2x if I get sick

Activ Nutrients: This is my favorite multi vitamin & mineral complex. I use 2 1x or 2x day depending on how I feel

Methyl Protect: This is my absolute favorite B complex because most people are deficient in folate which is beneficial to the mood and cardio health.

XCellent C: I just use 1x a day for daily immune support but will go up to 1 3x day if I get sick

D3 5000: I like Xymogen's brand the best at 1x day and for people that need K just chance this to their K2 D3 5000: I use 1x day most of the time but if I get sick I have been known to go up to 50,000 IU of plain vitamin D for a few days to help me recover quicker.

Ossopan MD: Absolutely my favorite bone builder support product. I use 1 2x for now but as I get older I will most likely increase it to 2 2x

Fit Food Lite Vegan No Sugar Added: For breakfast every morning I drink the chocolate one with the PhytoGreens added to it. I mix it in almond milk and add a few ice cubes. Yum!

Zinc Glycinate - My fav zinc supplement - my whole family uses 1x day and when I get sick or have any skin issue I use 1 2x

Probio DAILY - my fav daily probiotic

Ostinol 5x -my #1 pain support product - it works so fast!

Disclaimer: This information is simply a guide for educational purposes. It is not meant to treat or cure any disease. Any questions, please discuss with your doctor.