

Supplements for General Health

Vitamin D3/K2

Why?

- ☐ Bone Density
- ☐ Improved Mood
- ☐ Immune Function
- ☐ Reduced Inflammation
- ☐ Muscle Function
- ☐ Brain Health
- ☐ Reduced Cancer Risk
- ☐ Hormone Balance
- ☐ Cardiovascular Health
- ☐ Supports Weight Loss

Probiotic

Why?

- ☐ Urinary tract health
- ☐ Vaginal health
- ☐ Improve digestion
- ☐ Improve nutrition
- ☐ Reduce inflammation
- ☐ Improve Mood
- ☐ Support Immune system
- ☐ Oral Health
- ☐ Supports Healthy Weight

Collagen

Why?

- ☐ Hair Growth
- ☐ Joint Support
- ☐ Bone Strength
- ☐ Skin elasticity
- ☐ Stronger nails
- ☐ Boost Muscles

Quality Multivitamin

Why?

- ☐ Fill Nutritional Gaps
- ☐ Boost Energy
- ☐ Eye Health
- ☐ Improve methylation
- ☐ Improve detox paths
- ☐ Support hair growth
- ☐ Support strong nails
- ☐ Support Weight Loss
- ☐ Healthy Aging
- ☐ Support Muscles

Clean Potent Omega-3

Why?

- ☐ Reduce Inflammation
- ☐ Cardiovascular Risk
- ☐ Brain Health
- ☐ Eye Support
- ☐ Cholesterol Balance
- ☐ Improve Skin
- ☐ Supports Healthy Weight
- ☐ Autoimmune support
- ☐ Improve Fertility

Absorbable Magnesium

Why?

- ☐ Muscle Cramps
- ☐ Balance Mood
- ☐ Heart & Blood Pressure
- ☐ Support Blood Sugar
- ☐ Bone Strength
- ☐ Sleep and Anxiety