

<b>Supplement</b>	<b>What It Does (Why)</b>	<b>How Best to Take It</b>	<b>Who Should Consider It?</b>	<b>Is It Right for Me?</b>
<b>Vitamin C</b>	<i>Needed for immunity, strong bones and connective tissue, fights free radicals</i>	<i>Any time</i>	<i>Those with compromised immune systems, exposure to oxidative stress (smoking, inflammation), and if not eating plentiful fruits and veggies.</i>	
<b>B Complex</b>	<i>Getting energy from the food you eat, brain health, circulation, immunity, and detoxification</i>	<i>Any time, though some may find it energizing and should take in the morning.</i>	<i>Vegans, vegetarians, the elderly, and those with compromised digestion, mothers-to-be</i>	
<b>Vitamin A</b>	<i>Eye, reproduction, mucous membrane, and skin health</i>	<i>In combination with other fat-soluble vitamins, with food.</i>	<i>Vegans, and those with issues digesting fats</i>	
<b>Vitamin D</b>	<i>Bone strength, hormone production, immune system regulation</i>	<i>In combination with other fat-soluble vitamins, with food, and later in the day.</i>	<i>Low-fat dieters, those with dark complexions or who avoid the sun, the obese, and the elderly</i>	
<b>Vitamin E</b>	<i>Antioxidant, anticoagulant, immune boosting</i>	<i>With other fat-soluble vitamins, with a meal.</i>	<i>Low-fat dieters, those who don't digest fats well</i>	
<b>Vitamin K (1&amp;2)</b>	<i>Bone health, circulation, calcium metabolism</i>	<i>In combination with other fat-soluble vitamins, with food.</i>	<i>Most people, especially those with concerns regarding calcium metabolism (low bone-density and heart disease). Anyone on statins and/or blood-thinning medications.</i>	
<b>Calcium</b>	<i>Bone health, muscle contraction (and heart health), nerve function, blood clotting</i>	<i>In combination with other fat-soluble vitamins, minerals, and with food. Take with vitamin K2, D3, Mg, etc.</i>	<i>Those with bone-density concerns, anyone who doesn't digest fats well, those who have taken corticosteroids, chemotherapy, or PPIs</i>	
<b>Magnesium</b>	<i>Blood pressure, mood, sleep, cardiovascular health, bone health, etc.</i>	<i>In the evenings generally, and with food. Take the version that is best for your needs.</i>	<i>Most people, those with sleep or mood disturbances, anyone with constipation</i>	
<b>Electrolytes</b>	<i>Proper hydration/ fluid balance, muscle contraction</i>	<i>One coarse grain of quality sea salt per 16 oz. of filtered water.</i>	<i>Any time, especially with hard water, when exerting yourself, and with heat exposure</i>	
<b>Fish Oil</b>	<i>Decrease inflammation, support health of the gut, heart, brain, joints, etc.</i>	<i>With food</i>	<i>Anyone not consuming 2 servings of fish per week</i>	
<b>Probiotics and Prebiotics</b>	<i>Populate and feed healthy gut bugs</i>	<i>On an empty stomach</i>	<i>If having digestive health issues, not consuming probiotic and prebiotic foods, and when on an antibiotic course</i>	
<b>Melatonin</b>	<i>Normalizing circadian rhythm, anti-inflammatory</i>	<i>One hour before bed at the lowest possible dose</i>	<i>Anyone with sleep cycle issues, when jet-lagged, and anyone over the age of 50</i>	