

Supplements That Everyone Should Take

- 1) **Vitamin D3** --*build immune system – flu –*
800 IU per day for infants
2,500 IU per day for children
5,000 IU per day
- 2) **Multiple Vitamin-Mineral** --*whole food*
Should be copper free (less than 100 micrograms) and iron free
- 3) **Omega – 3 Fatty Acids** -- *small fish / molecular distilled*
Children:
The DHA should be greater than the EPA (2.6/1)
900 mg of EPA + DHA per day
Adults:
Has an ideal ratio of ALA, EPA, DHA, and GLA; EPA should be double DHA
3,000 mg of EPA + DHA per day
- 4) **Omega – 3 Antioxidants** --*take all day long*
(1 Complete Omega – 3 Co-Factors per gram of EPA + DHA)
- 5) **Mitochondrial Health** (adults only): -- *fuel injector cleaner*
 - A) Acetyl-l-carnitine 680 mg per day
 - B) Alpha-lipoic acid 240 mg per day
 - C) CoQ 10 10 mg per day
- 6) **Increase Glutathione** --*antioxidant that removes metal*
 - A) **N-Acetyl Cysteine, or NAC:**

Children	120 mg per day
Adults	240 mg per day
 - B) **Undenatured Whey Protein:**

Children	7 grams per day
Adults	21 grams per day
- 7) **Resveratrol** (adults only)
100 mg per day
- 8) **Curcumin (Turmeric)** (adults only)
200 mg per day

-BRAIN FOOD-