

## **The Minimum Five Supplements**

### **1) A quality multiple vitamin/mineral supplement, without copper, daily**

The vitamin/mineral content of food is linked to the quality of the soil the food is grown in. Not only is our soil depleted of critically important minerals, our crops/soil are exposed to huge amounts of chemicals that bind to minerals, making them unavailable for human nutritional requirements. This is called nutritional inflation, and the entire world is suffering from it. A quality multiple vitamin/mineral supplement is now necessary for the majority of people on the planet. Importantly, the supplement should not contain copper, as supplemental copper has been linked to an increased risk of Alzheimer's Disease for more than a dozen years.

### **2) 3,000 mg/day of EPA+DHA omega-3s from purified fish oil per day**

The Theory of Everything: the majority of chronic incurable degenerative diseases are linked to inflammation. The most critical driver of inflammation is the ratio of omega-6 to omega-3 fats. Americans consume far too many inflammatory omega-6s, and far too few anti-inflammatory omega-3s.

### **3) Vitamin D3, 5000 IU per day**

Vitamin D does a lot more than build healthy bones. It is critical for immune system function and for brain physiology. Most Americans are significantly low in vitamin D levels and supplementation is necessary for almost everyone.

### **4) Magnesium (Mg++), about 500 mg/day**

Magnesium is a cofactor for the activity of 700-800 human enzymes. Magnesium is the most important mineral for accessing human energy; it also protects the heart, blood vessels, and brain. Most Americans are significantly low in magnesium and supplementation is necessary for almost everyone.

### **5) Vitamin K2-4 and K2-7**

Without vitamin K2-4 and K2-7, calcium is deposited into arteries, joints and kidneys. This is why most people who take vitamin D should also take vitamin K. Individuals with blood clotting disorders should talk to their doctor before taking vitamin K. Individuals taking statin drugs often need to double vitamin K supplementation, but again should ask their doctor.