

Supplements That Everyone Should Take

"Every Day All People"

(Nutri-West: 800-443-3333)

1) **Vitamin D3**

800 IU per day for infants (1 *Vitamin D 400*)

2,500 IU – per day for children (1 *Complete Immuno D3*)

5,000 IU per day (1 *Complete Hi D3*)

2) **Multiple Vitamin-Mineral**

Should be copper free (less than 100 micrograms) and iron free

(3 *Core Level Health Reserves*)

3) **Omega-3 fatty acids**

Children:

The DHA should be greater than the EPA (2.6/1)

900 mg of EPA + DHA per day (8 *Complete Children's EPA/DHA*)

Adults:

Has an ideal ratio of ALA, EPA, DHA, and GLA; EPA should be double DHA

3,000 mg of EPA + DHA per day (6 *Complete Omega-3 Essentials*)

(or 1 teaspoon of *Complete Hi-Potency Omega-3 Liquid*)

4) **Omega-3 antioxidants**

(1 *Complete Omega-3 Co-Factors* per gram of EPA + DHA)

5) **Mitochondrial Health** (adults only):

A) Acetyl-l-carnitine 680 mg per day

B) Alpha-lipoic acid 240 mg per day

C) CoQ 10 10 mg per day

(4 *Complete AG*)

6) **Increase Glutathione**

A) **N-Acetyl Cysteine, or NAC:**

Children 120 mg per day

Adults 240 mg per day

(*Complete Glutathione*)

2 per day

4 per day

B) **Undenatured Whey Protein:**

Children 7 grams per day

Adults 21 grams per day

(*Complete Whey-G*)

1 scoop per day

3 scoops per day

7) **Resveratrol** (adults only)

100 mg per day

8) **Curcumin (Turmeric)** (adults only)

200 mg per day

(4 *Complete Neuro*)