

Supplement Suggestions





Vitamin D is both a nutrient we eat and a hormone made within our body. Vitamin D aids in the absorption of calcium, which supports bone health and helps to keep our immune system strong, plus it's important to help sustain mental health too. People with depression have higher chances of having vitamin D deficiency.

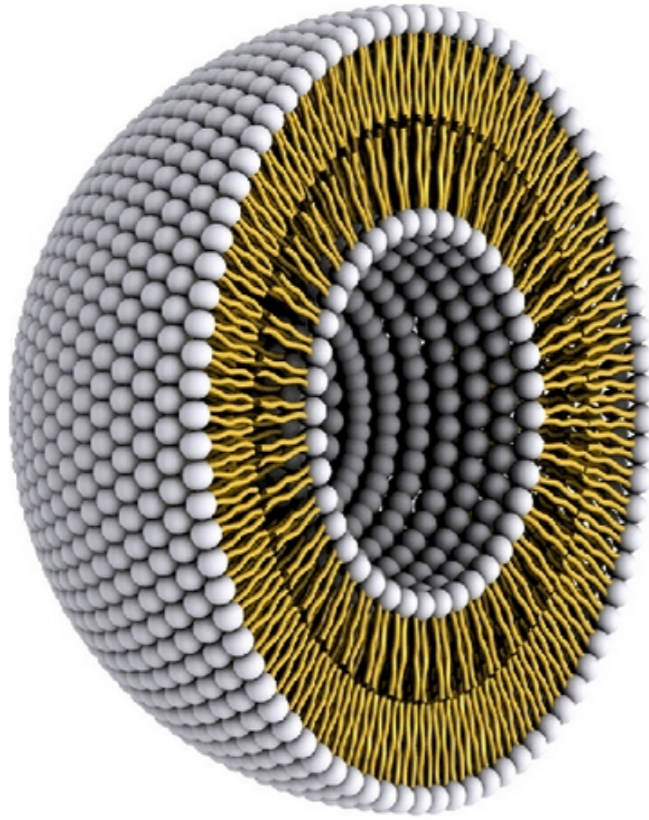
- Studies show that low levels of Vitamin D can lead to depression-like symptoms.
- It can lower the risk of rheumatoid arthritis.
- It boosts your mood and helps support mental wellbeing.



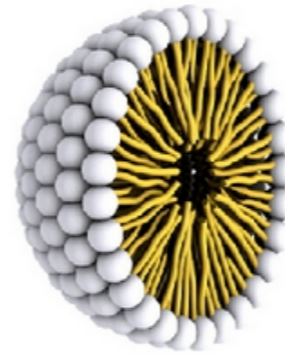
Most neurodegenerative diseases, such as Alzheimer's and Parkinson's disease, demonstrate preceding or on-going inflammatory processes. Krill oil (KO), extracted from small Antarctic crustaceans offers reported health benefits including improvement of spatial memory and learning, memory loss, systemic inflammation and depression symptoms, plus a host of other benefits including:

- Supports cardiovascular system and brain function.
- Provides joint and skin support.
- Is a natural source of astaxanthin, a powerful antioxidant carotenoid.
- Provides omega-3 essential fatty acids (EPA and DHA).
- Helps maintain healthy cholesterol levels.

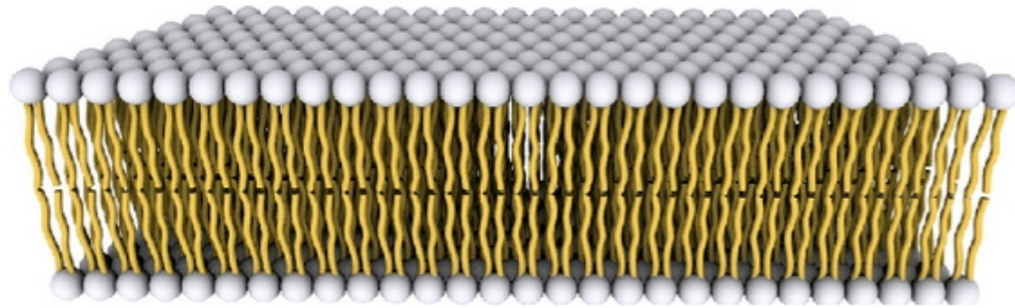
Liposome



Micelle



Bilayer sheet



Phosphatidylserine

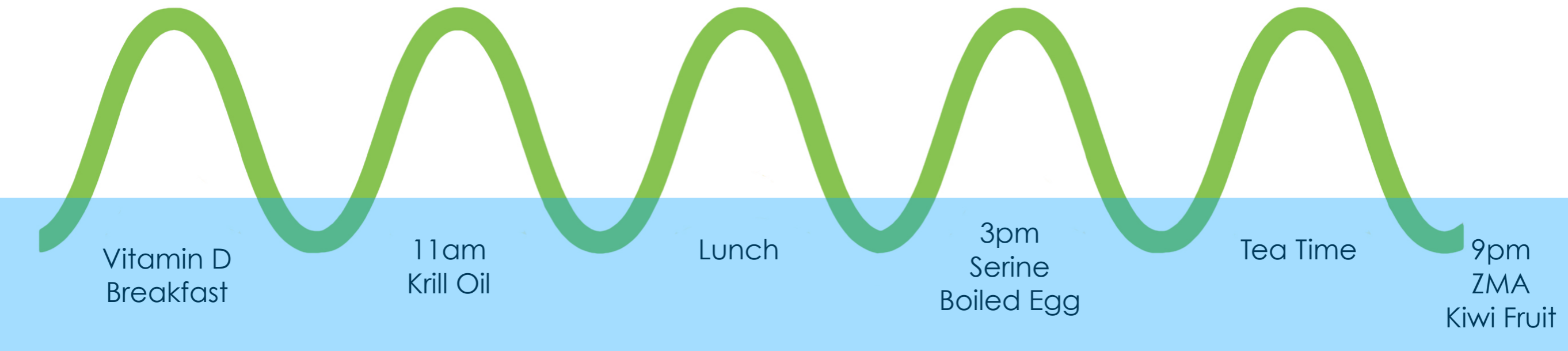
- Phosphatidylserine is a crucial component of brain cell neurons .
- It covers and protects the cells in your brain and carries messages between them.
- Phosphatidylserine plays an important role in keeping your mind and memory sharp.
- Animal studies suggest that the level of this substance in the brain decreases with age.

ZMA



ZMA is a natural mineral supplement made up of zinc, magnesium and vitamin B6. This powerful combination supports mental and physical wellbeing in a number of ways; Zinc supports your immune system and muscles, magnesium plays a role in metabolism, muscle health and helps manage sleep, and vitamin B6 is important for energy production and stress recovery.

- Zinc is key to maintaining healthy carb metabolism and hormonal health.
- Magnesium is it's involved in over 300 processes in the body.
- Vitamin B6 is central to energy production and energy transfer in the body.
- ZMA proves rot be a great sleep aid for many people.



Supplement example:

Morn: Vitamin D

Mid: Krill Oil

3PM: Phosphatidyl Serine

Bed: ZMA

One Month Suggest Supplement Protocol

Contraindications: Always consult your doctor or pharmacist before you begin any supplement programme.

Never stay on a supplement programme indefinitely; this protocol is recommendation for a month once every quarter ie 4 times a year.