MONICA NELSON WELLNESS • EST 2007 •

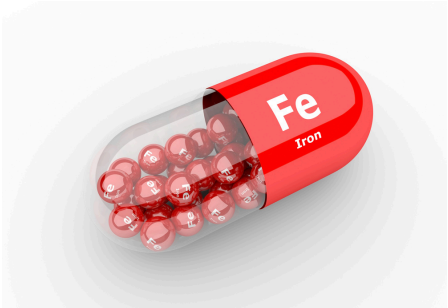
Supplement Cheat Sheet

THE SUPPLEMENT MARKET IS ON FIRE, BUT NOT ALL SUPPLEMENTS ARE CREATED EQUAL. GET IN THE KNOW WITH THIS GUIDE.

THIS IS NOT MEDICAL ADVICE. CONSULT WITH YOUR MEDICAL DOCTOR BEFORE TAKING SUPPLEMENTS.

MINERALS

What You Should Know



Magnesium

What it is good for: The majority of people are low in magnesium, largely due to the way our fruits and vegetables are harvested. They are often void of this crucial mineral. Magnesium is necessary for energy production, mood stabilization, adequate bone growth and muscle contraction, and effective metabolism. When magnesium is low you could be experiencing anxiety, muscle cramps, headaches, fatigue, brain fog, or depression.

What to look for: Magnesium comes in different forms and can cause diarrhea. Generally magnesium glycinate and threonate are tolerated well.

Clean brands:

- Pure encapsulations
- BiOptimizers (all 7 key forms of magnesium)

Zinc

What it is good for: Zinc is used to create proteins and DNA. It is crucial for wound healing and optimal immune function. It assists in many of the bodies enzymatic reactions. It can help reduce inflammation and the effects of aging. When zinc is low, one could experience dry skin, bumps on the skin, poor wound healing, diarrhea, and skin rashes.

What to look for: NSF certified to show that the brand follows strict manufacturing protocols.

Clean brands:

- Nutrigold
- Pure encapsulations

Iron

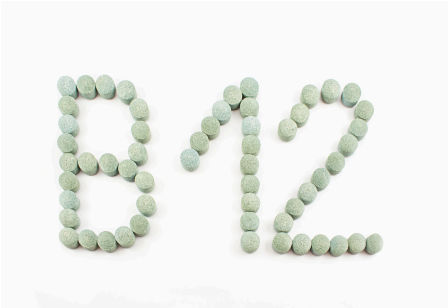
What it is good for: Iron carries oxygen throughout the body and helps produce energy. It is best taken in combination with vitamin C. When iron is low, one may be feeling tired, rapid heart rate, dizzy, headaches, cold, and pale.

What to look for: Check how much "elemental iron" is in the supplement which is the iron that can be utilized by the body.

Clean brands:

- Designs for Health
- Pure encapsulations with vitamin c

VITAMINS
What You Should Know



Vitamin B12

What it is good for: Assists in the formation of red blood cells, nerves, and DNA. Found in animal products, therefore vegans must supplement with vitamin B12. When vitamin B12 is low one may experience fatigue, weakness, poor memory, brain fog, numbness or tingling, depression, anemia, and weakness.

What to look for in the supplement: Look for the methylcobalamin form of vitamin B12 as this is best utilized by the body and does not need to go through a conversion process in the body.

Clean brands:

- Thorne
- Pure encapsulations

Folate

What it is good for: Folate (vitamin B9) assists with protein synthesis, cellular division, cellular repair, and maturation of red blood cells. It is important for pregnant women to reduce the risk of neural tube birth defects. When folate is low, one might experience weakness, swollen tongue, low appetite, nausea, diarrhea, fast hear rate, numbness or tingling, pale skin, or shortness of breath.

What to look for in the supplement: Must me listed as folate and not as folic acid. Folic acid needs to go through a conversion process in the body and can potentially increase cancer risk.

Clean brands:

- Nutrigold
- Pure encapsulations

Vitamin D3

What it is good for: Vitamin D3 is involved in over 200 processes in the body. It boosts immunity, strengthens muscles and bones, improves metabolism, and regulates insulin levels. When vitamin D is low, one may experience depression, weight gain, fatigue, gets sick frequently, muscle pain, hair loss, and poor healing.

What to look for in the supplement: Is it truly vitamin d3 (not vitamin d2). Vitamin D is fat soluble so you can get too much, have your blood worked checked. Best absorbed when taken with vitamin K. Our bodies synthesize Vitamin D better than we absorb it. Therefore daily natural sunlight direct to our skin is important!

Clean brands:

- Designs for health (with vitamin K1 and K2)

VITAMINS

What You Should Know

Vitamin A

What it is good for: Vitamin A is especially important for eye health and vision, immune health, and maintenance of skin/mucous membranes. Signs of low vitamin A are dry skin, dry eyes, visual deficits, respiratory infections, poor wound healing, acne, and growth delays.

What to look for: Consider cod liver oil as a clean vitamin A product rather than a synthetic form.

Clean brands:

- Pure encapsulations

Vitamin C

What it is good for: Vitamin C is a strong antioxidant and it helps heal the body from oxidative stress, preventing against cancer , aging, and reducing inflammation. It also helps produce collagen and neurotransmitters. It can boost our immune system and help us absorb iron.

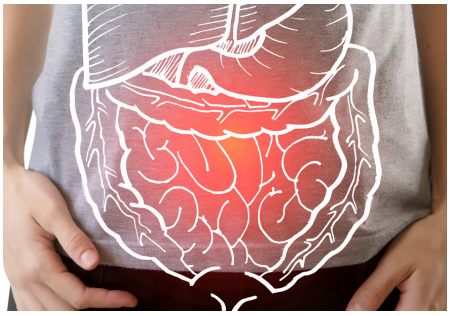
What to look for: Buy vitamin C as an organic form or liposomal form rather than the synthetic form (ascorbic acid). This improves our bodies ability to utilize the vitamin C.

Clean brands:

- Paleovalley
- Designs for health

OTHER

What You Should Know



Omega 3

What it is good for: Omega 3's are essential fatty acids that are a critical part of our cellular membranes . Our bodies need omega 3 fatty acids to regular blood clotting, relax arterial walls (reducing blood pressure), and to regulate inflammation. Omega 3's reduce our risk for health disease. Signs of low omega 3 include fatigue, inflammation, brain fog, joint pain, leg cramps, cardiovascular issues, painful menstrual cycle, and poor hair/skin/nail quality.

What to look for: Avoid additives such as astaxanthin and look for thrid party tested .

Clean brands:

- Nordic Naturals

Organ Complex

What it is good for: Organ complex is a way to get all of the benefits from organ meat without actually having to cook or eat the meat. It is a more efficient and effective way of getting multiple micronutrients such as vitamins A, B2, B3, B5, B6, B9, and B12, iron, zinc, copper, selenium, and CoQ10 all in one pill. When micronutrients are taken in natural combinations they are better absorbed and utilized.

Clean brands:

- Paleovalley

Digestive Enzymes

What it is good for: Helps to break down fats, proteins, and carbohydrates. Is especially good for people with IBS or low stomach acid. Can reduce symptoms of gas, bloating, constipation, or diarrhea. Helps to improve nutrient absorption.

What to look for: Free from artificial colors, flavorings, gluten, dairy, and soy. Non GMO.

Clean brands:

- Pure Encapsulations

PROTEIN

What You Should Know

Collagen Peptides

What it is good for: Excellent for rebuilding connective tissue such as skin, hair, and fascia. Could prevent against joint degeneration, improve the elasticity of the skin, and improve the ability to build lean muscle mass.

What to look for: Must be grass fed and pasture raised. If you are using it as a protein supplement make sure there are multiple types of collagen (Types I-V) to get a complete amino acid profile.

Clean brands:

- Ancient nutrition
- Paleovalley bone broth powder
- Vital proteins(not a complete protein)

Whey Protein Powder

What it is good for: Great way to add protein to your meal without having to cook. Whey is absorbed easily and is a complete protein. Promotes muscle growth likely due to high Lucien levels. It is highly satiating and can blunt blood sugar spikes.

What to look for: Just like any other animal product, there are good and bad versions. Look for 100% grass fed and for a brand that has been tested for heavy metals.

Clean brands:

- Be Well By Kelley
- Ascent Native Fuel Vanilla Bean

Plant Based Protein Powder

What it is good for: Quick and easy protein source for vegan or vegetarians.

What to look for: Make sure the product has been tested for heavy metals as this is common in plant based proteins (especially arsenic from rice products). Also make sure the protein complex is a complete protein with all amino acids.

Clean brands:

- Truvani