

Supplements Galore

“Health is like money. We never have a true of idea of its value until we lose it.” - Josh Billing

Below is the list of supplements I take. Please read the disclaimer at the bottom before taking.

Multivitamin [Alive, Women’s Premium Gummies]
Iron Supplement [MegaFood Blood Builder]
Vitamin D [Now, High Potency, 5,000 IU]
Probiotic [Protocol Chewable]
Immune System Support [California Gold Nutrition]
Elderberry Zinc [ZAND Gummies]
Elderberry, Echinacea & Propolis [Mason Natural gummies]
Biotin [Rejuvicare Gummies 10,000 mcg]
Apple Cider Vinegar [Goli gummies]
Menopause Support [Now]

I purchase them from <https://www.iherb.com/>

Disclaimer:

We are not a doctor or a dietician. The information provided is based on my personal experience, studies and my experience as a business owner and coach. Any recommendations I may make about supplements or lifestyle, or information provided to you in person or throughout the training should be discussed between you and your doctor. The information you receive in our emails, programs, services and products do not take the place of professional medical advice.

Any product recommendation is not intended to diagnose, treat, cure, or prevent any disease. Our statements and information have not necessarily been evaluated by the Food and Drug Administration.