

<b>Supplement</b>	<b>Dosage</b>	<b>Used for</b>
OMEGA 950 (NUMEDICA)	6-8GRAMS PER DAY	Decreases inflammation throughout the body especially in joints
DIM-ESTRO	1CAPS (WOMEN) 2 CAPS(MEN)	Chronic inflammation, estrogen metabolism, prevention of cancers or other chronic diseases.
TUMERIC OR (CURCUCALM)	3 PER DAY 4 GRAMS OR 300MG	Inflammation in the body
ADK(5000,5000,500mcg)	4MG ONCE PER DAY	Maintaining bone strength
IODORAL/IODINE PLUS	12.5 /25mg	Balance thyroid
MAGNESIUM-GLYCANATE	1000MG	Used in over 300 chemical reactions in your body
ENGLISH IVY LEAF EXTRACT	PER BOTTLE INSTRUCTIONS	Improvement in lung function and chronic bronchitis
MILK THISTLE	PER BOTTLE INSTRUCTIONS	Improvement in liver function, decreased in cholesterol, reduce cancer cells in cervical prostate and breast cancer
VITAMIN D3	10,000 IU FOR 90DAYS THEN 5,000IU PER DAY	Treating condition for weakness or pain in bones. Prevention for low calcium or bone loss
VALERIAN ROOT	1-2CAPSULES 1 HOUR BEFORE BED	Helps with Insomnia
SHTP	100-300MG 30MIN BEFORE BED	Depression, Fibro, Morning stiffness, and tension headaches
CREON	PER BOTTLE INSTRUCTIONS	Pancreatic enzymes
MELATONIN	PER BOTTLE INSTRUCTIONS	Helps with sleep
B12	GREATER THAN 2000MCG	Heart disease, dementia, energy and athletic performance
FOLATE	1,000MCG DAILY	Pregnancy, Sperm Quality, Heart Disease, Stroke, Cancer, Depression
B COMPLEX	2 TABLETS PER DAY	decrease stress, treat anxiety, depression, aid memory, relieve PMS, reduce heart disease risk
PREGNENOLONE	50MG PER DAY	used for fatigue and increasing energy,enhancing memory
DHEA	25MG PER DAY	Adrenal Fatigue
ARNICA MONTANA	PER BOTTLE INSTRUCTIONS	Reducing pain, swelling, Bruising
<b>LOCATIONS</b>		
	VITAMIN SHOPPE	256-971-6912
	RUTH'S NUTRITION	256-883-4127
	MADISON DRUGS	256-837-1778
	QUICK CARE	256-517-8317 (Off Governors Dr across from Womens and Childrens Hospital)