

SUPPLEMENT RECOMMENDATIONS

This is a basic guide to essential supplements for women and more specific supplements for the various hormonal imbalances listed below.

SUPPLEMENT GROUND RULES:

- If you choose to use supplements, please consult with your doctor first to be sure that they will not interact with any medications you might be taking.
- I recommend adding 1-3 supplements at a time to see if you have any adverse reactions.
- When you're shopping for supplements, make sure you look for proof that the ingredients work, that there is third party validation and that they are regulated.
- Supplements should be used medicinally, not as a crutch for a crappy diet.
- Supplements should be used for filling in the gaps of our food, as opposed to doing all the nutritional work.
- If possible, one should be tested for deficiencies before beginning supplementation, especially for things like vitamin D and certain minerals because there is the chance of over-supplementing and toxicity.
- If you are having a hard time taking supplements then maybe your body doesn't need them. In my experience and the experience of many clients, when your body isn't deficient, supplements become hard to take.
- When taking supplements, always take them with food, especially food that has fat because many vitamins are best absorbed with fat.
- If you plan to take supplements to address a particular imbalance or condition, I suggest taking them for 4-12 weeks, unless otherwise recommended. If something isn't working for you after 12 weeks then you must re-evaluate your health goals and consider another option that might be more effective.

PURCHASING SUPPLEMENTS:

www.iherb.com - Use this link to purchase many of the supplement brands below if you are outside the US. Use referral code FDT592 to receive order discounts and free shipping.

www.amazon.com - Use this link to purchase many of the supplement brands below.

Of course you can use other sites as well, just use your best judgment.

BASIC SUPPLEMENTS FOR EVERYONE:

1. **B Vitamins:** Are essential for detoxification and even more important if you have a MTHFR gene defect or other genetic mutations.

- **Good B Complex:** Thorne Research Basic B Complex, Seeking Health B Complex Plus, Integrative Therapeutics Active B Complex (includes Biotin and Inositol)
- ***Folate (5 methyltetrahydrofolate):** Thorne Research 5-MTHF, Designs for Health L-5-MTHF
- ***B6 (P5P):** Klaire Labs P-5-P (or P5P Plus if also deficient in Magnesium), Pure Encapsulations P5P 50, Thorne Research Pyridoxal 5' Phosphate
- ***B12 (methylcobalamin):** Pure Encapsulations Methylcobalamin 1000mcg, Thorne Research Methylcobalamin 1000mcg, Seeking Health Active B12 w/ Folate Lozenge

*You might need extra B vitamins depending on your genes and deficiencies

2. **Fish/Cod Liver oil:** I recommend 1000-3000mg of fish oil a day. You can try Nordic Naturals ProOmega or Rosita Real Foods Extra Virgin Cod Liver Oil, which is high in vitamin A (for skin issues) and vitamin D.

3. **Vitamin D/K2:** I recommend Thorne Research Liquid Vitamin D/K2, 2000IU/day.

4. **Magnesium glycinate:** Take 400 to 600 mg/day. Pure Encapsulations Magnesium Glycinate or Natural Calm magnesium to help with menstrual cramps. Or magnesium malate, these are the most well tolerated kinds.

5. **Probiotics:** 10-50 billion CFU's per day with food. Prescript Assist Probiotics, Metagenics Ultra Flora Plus DF 15 Billion Organisms or Renew Life Ultimate Flora 15 Billion.

6. **Multivitamin:** Designs for Health Prenatal, Nutrience Multivitamin, Thorne Research Basic Prenatal, Wellness Essentials Pregnancy by Metagenics.

ESSENTIAL NUTRIENTS FOR DETOXIFICATION

To Enhance Glutathione Levels:

- **Glutathione:** Liv-on Labs Lypo-Spheric GSH Glutathione. 450mg/day or Seeking Health Optimal Liposomal Glutathione
- **N-acetyl-cysteine:** Integrative Therapeutics NAC or Pure Encapsulations NAC. 600mg twice daily.
- **Alpha Lipoic Acid:** Integrative Therapeutics Lipoic Acid. 50mg-100mg twice daily

- **Milk Thistle:** Designs for Health Milk Thistle. Milk thistle is a general liver antioxidant. It supports both healthy liver detox and estrogen metabolism. The dose is 280-420mg of milk thistle standardized to 70-80% silymarin per day, for reducing estrogen dominance.

All-in-One Detoxification supplements/packs: Thorne Research Liver Cleanse. 1-2 capsules daily for 21 days. Designs for Health Detox 14-Day Kit. Follow instructions on product.

Broccoli Extracts: Indole 3 Carbinol (I3C), Diindolymethane (DIM) and Sulforaphane Glucosinolate (SGS)

- Indole3Carbinol which breaks down to the metabolite DIM, and SGS are broccoli extracts. These supplements are useful for supporting phase 1 (I3C and DIM) and phase 2 (SGS) liver detoxification. I recommend supplementing with DIM and SGS because they are safer than I3C.
- Dosage for SGS: 100 mg every other day for 28 days. Start with SGS and then move onto the DIM if you don't have the desired results.
- Dosage for DIM 200-400 mg per day for 28 days
Thorne Research Crucera SGS, Designs for Health BroccoProtect (SGS), Designs for Health DIM Avail, or BioResponse DIM 150

More Essential Nutrients for Detoxification:

- **Selenium:** Carlson Selenium 200mcg, Klaire Labs Seleno Met 200mcg, Pure Encapsulations Selenium (Selenomethionine) 200mcg.
- **Vitamin C:** Livon Labs Lipospheric Vitamin C or Rainbow Light Buffered Vitamin C Powder. 1000mg up to 3 times/day.
- **Vitamin E (mixed tocopherols and tocotrienols):** Bluebonnet Vitamin E Complex, Orthomolecular Products Natural Vitamin E Mixed Tocopherols, Pure Encapsulations Natural Vitamin E with Mixed Tocopherols.

Supplements for Amenorrhea/irregular periods: See the Basic Supplements for Everyone, Low Estrogen, Low Progesterone and High/Low Cortisol.

- **Iron:** Floradix Iron supplement - 10mg 2 times a day for 4-8 weeks if you have low iron/ferritin, hair loss and/or no period.
- **Acetyl L-Carnitine:** 1000mg twice a day to help increase luteinising hormone production. There is some evidence that ALC increases LH production significantly and thus improves chances of ovulation and a menstrual cycle, but I haven't found tons of resources on it yet. I suggest taking it per [the study](#) for 6 months to see if there are any changes.

Supplements for PMS/Mood imbalances:

- **Magnesium:** if there is one supplement you should take it's magnesium. I call it the smooth muscle mineral because it relaxes muscles and cramping, and it also helps relieve constipation which helps the body more easily eliminate excess harmful estrogens. **Natural Calm Magnesium is a powder, which dissolves in water. Take 1-2 tablespoons per day. Note: Too much magnesium will cause loose bowels, so experiment until you find your perfect dosage.**
- **B Complex:** Has many functions in balancing hormones. See above for brand recommendations
- **Vitamin B6:** helps the liver break down excess harmful estrogen, it is essential for the body's utilization of progesterone, and it boosts serotonin. It's kind of like the PMS wonder supplement! I recommend 20mg twice a day. See above for brand recommendations

HIGH CORTISOL

- **Phosphatidylserine:** 300mg – 800mg/ day
- **Fish oil:** See above for recommendations.
- **Vitamin B5:** Thorne Research Pantethine. 500mg/day
- **Vitamin C:** Livon Labs Lipospheric Vitamin C or Rainbow Light Buffered Vitamin C Powder. 1000mg up to 3 times/day.
- **Adrenomend by Douglas Labs:** 2 capsules a day for 30 days.

LOW CORTISOL

- **B-complex Vitamin:** See above for recommendations.
- **Grapefruit Juice** - be careful if you have blood sugar issues. Studies suggest grapefruit juice and licorice increase cortisol. 200ml three times a day for one week. **IMPORTANT:** Grapefruit juice can mess with the absorption of some medications so please check with your doctor before trying it
- **Licorice** - Deglycyrrhizinated licorice - 600mg standardized to 25 percent (150mg) glycyrrhizic acid. Metagenics Licorice Plus.
- **Vitamin C:** Livon Labs Lipospheric Vitamin C, Rainbow Light Buffered Vitamin C Powder. 2000-4000mg/day.
- **Adrenomend by Douglas Labs:** 2 capsules a day for 30 days. You can take more and for longer. Just dose per the label.

HIGH ESTROGEN

- **Fiber Supplements:** Metagenics MetaFiber, Pure Encapsulations Nutra Flax, Thorne Research Medibulk, or simply add chia and/or ground flax seeds to your daily smoothies.

- **SGS:** Thorne Research Crucera SGS, Designs for Health BroccoProtect (SGS). Take 100mg every other day for 28 days. Start with SGS then move onto DIM if you don't have the desired results.
- **DIM:** Designs for Health DIM Avail, or BioResponse DIM 150
- **Milk thistle:** See above for recommendations
- **Turmeric:** Integrative Therapeutics Curcuma Pro or add ground turmeric into smoothies or onto meals.

LOW ESTROGEN

- **Vitamin E, mixed tocopherols and tocotrienols:** (minimum of 4 weeks to see the effect.) 50-400IU/day. (see brands above)
- **Magnesium:** Take 400 to 600 mg/day. Pure Encapsulations Magnesium Glycinate or Natural Calm Magnesium. 400mg-800mg/day
- **Maca:** Pure Encapsulations Maca-3, Navitas Naturals Gelatinized Maca. Add to smoothies. 2000mg/day or a 1/4 teaspoon to start.
- **Calcium:** from calcium-rich foods like raw dairy (if you are not allergic), sesame seeds, collard greens, spinach, sardines.
- **Zinc from food:** 20mg/day. Food sources are best - beef/lamb, raw oysters, pumpkin and sesame seeds are great options. You can also supplement with zinc but be careful because too much zinc inhibits copper absorption. I recommend Jarrow Formulas Zinc Balance or Now Foods Opti L-Zinc.

LOW PROGESTERONE

- **Vitamin C:** Livon Labs Lipospheric Vitamin C. Rainbow Light Buffered Vitamin C Powder. 1000mg/day.
- **Chasteberry supplement:** Fertility Blend. Take as directed.
- **B-complex Vitamin:** Thorne Research Basic B Complex, Seeking Health B Complex Plus, Integrative Therapeutics Active B Complex (includes Biotin and Inositol)
- **Magnesium:** Natural Calm Magnesium. 400mg-800mg/day
- **Vitamin D3:** Thorne Research Liquid Vitamin D/K2, Designs for Health Vitamin D Synergy, 2000IU/day for maintenance☐
- **Calcium:** from calcium-rich foods like raw dairy (if you are not allergic), sesame seeds, collard greens, spinach, sardines.
- **Zinc from food:** 20mg/day. Food sources are best - beef/lamb, raw oysters, pumpkin and sesame seeds are great options. You can also supplement with zinc but be careful because too much zinc inhibits copper absorption. I recommend Jarrow Formulas Zinc Balance or Now Foods Opti L-Zinc.

HIGH TESTOSTERONE (AND OTHER ANDROGENS)

- **Fiber:** (see brand recommendations above)

- **Chromium picolinate:** 200mcg - 1000mcg/day
- **Inositol:** There are two types that are recommended for women with PCOS: D-chiro-inositol and Myo-inositol. Recommended dose: D-chiro-inositol – 600mg twice a day & Myo-inositol – 1 gram twice a day. Designs for Health Inositol Powder for Myo and Chiral Balance for D-Chiro.
- **Fish oil:** See above for recommendations.
- **B-complex Vitamin:** Thorne Research Basic B Complex, Seeking Health B Complex Plus, Integrative Therapeutics Active B Complex (includes Biotin and Inositol)
- **Vitamin D3:** 2000IU per day but may need higher depending on levels. (see above for brands)

LOW TESTOSTERONE

- **Zinc from food:** 20mg/day. Food sources are best - beef/lamb, raw oysters, pumpkin and sesame seeds are great options. You can also supplement with zinc but be careful because too much zinc inhibits copper absorption. I recommend Jarrow Formulas Zinc Balance or Now Foods Opti L-Zinc.
- **Boron:** Research suggests Boron supplementation lowers SHBG and raises testosterone 10mg/day for 30 days with food. Trace Minerals Liquid Boron.
- **Vitamin D3:** 2000IU per day or higher depending on your deficiency. (see above for brands)
- **Omega 3 fish oil or Cod Liver Oil** (see brand and dosage recommendations above) Research shows that a lack of healthy fats promotes a decrease in testosterone levels.

LOW THYROID

- **Zinc from food:** 20mg/day. Food sources are best - beef/lamb, raw oysters, pumpkin and sesame seeds are great options. You can also supplement with zinc but be careful because too much zinc inhibits copper absorption. I recommend Jarrow Formulas Zinc Balance or Now Foods Opti L-Zinc.
- **Copper:** 2mg/day. Zinc and copper balance each other out. Too much zinc can interfere with copper absorption. The ideal ratio is zinc to copper 15:1. The zinc brands above have copper in them as well in the right ratio. If you don't use the zinc I recommend then you can supplement with copper glycinate.
- **Selenium:** 200mcg/day (see above for brands)
- **Vitamin A:** 5000IU/day of beta-carotene and from food. More than 10,000IU/day can result in vitamin A toxicity. This does not occur when you get vitamin A from food and you have adequate levels of vitamin D.
- **Check iron and Vitamin D levels** - supplement based on results
- **Iron:** Floradix Iron supplement - 10mg 2 times a day for 4-8 weeks.

- **Vitamin D3:** 2000IU per day. (see above for brands)
- **Coconut oil:** 1-2 tbsps a day. Research shows that coconut oil nourishes the thyroid.

DIGESTIVE HEALTH - all of these supplements should be taken for 4 weeks at a time, 1-2 times a year.

- **Probiotics** – 10-50 billion CFU's per day with food. Prescript Assist Probiotics, Dr. Ohirra's Probiotics, Metagenics Ultra Flora Plus DF 15 Billion Organisms.
- **Glutamine** – An amino acid that feeds the cells of your gut lining. It is your gut's favorite food and helps to heal gut permeability issues. Dosage: 500mg/day up to 15g daily. Take with water. Thorne Research L-Glutamine 500mg capsules, Pure Encapsulations L-Glutamine Powder
- **Digestive enzymes** – Helps your digestive system break down food better. Do not take these for longer than needed as the body can become dependent on them. Take 1 capsule before each meal. Integrative Therapeutics Bio-Zyme, Pure Encapsulations Digestive Enzymes Ultra
- **Fiber supplements:** (see brand recommendations above)
- **Chlorophyll:** Standard Process Chlorophyll Complex Aloe Vera Gel, Nature's Way Aloe Vera Whole Leaf Juice or Aloe Vera Gel Juice, Carlson Aloe Vera Gel.
- **Zinc Carnosine:** Zinc is a nutrient that is essential to the repair of the damaged cells that line the intestines. 75 mg twice daily. Designs for Health GI Revive
- **Quercetin:** Heals leaky gut and prevents allergies and pain by preventing histamine release. 500-3000mg daily. Thorne Research Perma Clear