

Supplement Suggestions and Protocols



Vitamins and minerals are essential to helping your body develop and function as it should. Our goal is that you get most of what you need from eating whole nutritious foods, however many need an extra nutrient boost. Supplements should do just that, supplement the other things you are foundationally doing such as eating a well-balanced nutrient intake, staying hydrated, prioritizing sleep and moving your body! The reality is our food, soil and environment simply aren't what they used to be, so we often find supplementing is important.

If you have supplements, you love that work well for you, fantastic! Keep doing that. If not, we have provided specific suggestions that we feel are well researched, third party tested and excellent quality as not all supplements are created equal!

Foundational Daily Supplements

- Daily Multi-Vitamin - Foundational Essential Nutrients
 - Women's Multi-Vitamin
 - Men's Multi-Vitamin
- Vitamin D – Immune, Mood & Metabolic Health (we suggest a minimum of 5,000 IU's per day but once again, talk with your healthcare provider)
- Omega-3 with CoQ10 –Cardiovascular and Inflammatory Health
- Magnesium –Aids in Optimal Performance, Recovery, Brain Health and Reducing Inflammation
- Probiotic – Balance Gut, Increase Absorption, Improve Digestion
- Digestive Enzyme – Increase Nutrient Absorption (works differently and in tandem with Probiotic)

Optimal Sleep Support

- Super Sleep – Aids in Deep Restorative Sleep, Stress Defense & Cortisol Rhythm Support

[Click Here](#)

Optimal Metabolic Health Support

- Mighty Metabolism – Aids in Burning Fat, Mitochondrial Support and Metabolic Performance

[Click Here](#)

As always, it is important to consult your medical provider before taking any new nutritional, herbal or homeopathic supplement. This information does not take the place of your medical provider. Not everybody needs every supplement listed. This is simply a reference by category with some benefits listed.

Optimal Immune Support

Because optimal immune function is an important part of long-term wellness, it is essential to provide immune function support during times of high stress, seasonal changes, and when you aren't feeling your best.

- Immune Support Bundle (Includes Phytogen (Echinacea, Coptis, Astragalus and Schisandra), **Zinc Picolinate** and **Liquid Vitamin D**)
- Vitamin C – Aids in Optimal Cellular, Tissue and Immune Repair
- Vitamin B Complex – Aids in Optimal Stress Resistance, Neurological Function and Immune Support

Additional Favorites

- Collagen – Aids in Optimal Joint, Muscle, Bone, Tissue and Skin Health
- Amino Acids – Aids in Optimal Repair, Neurotransmitter Support, Immune Function and Muscle Preservation
- ResveraCel – Supports Aging Process and Cellular Metabolism
- Berberine – Aids in Reducing Inflammation, Blood Sugar Control and Digestion
- Fiber - Supports Healthy Bowel Movements

[CLICK HERE](#)

To learn about and/or purchase all recommended Thorne supplements outlined in this document.

To make it easy, all of the above suggested items can be found at: www.macromavens.life/shop/

www.macromavens.life | [@macromavens](https://www.instagram.com/macromavens)

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