



essential  
supplements:  
your daily guide to  
the top five



# your essential guide to daily supplement intake



Take your health to the next level with our Top Five Daily Supplements guide.

We're here to help you understand the key nutrients your body needs to thrive.

While we always prioritize focusing on food first, we believe supplements can play an important role in health and wellness. This guide includes the ones we most often recommend for clients interested in general wellness.\*

If you're looking for a more customized supplement plan, our nutrition team would be happy to assist you.

*\*If you have chronic health issues or are on any medications, it's always best to discuss supplements with your healthcare providers.*

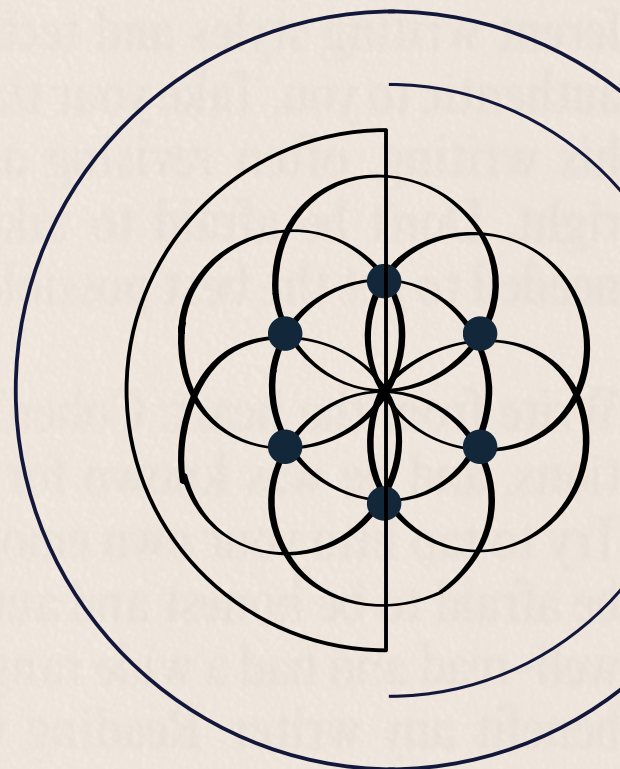
01. multí-vítamín or prenatal

02. vítamín d3

03. físh oíl

04. probiótíc

05. magnesíum





# 01. multivitamin or prenatal

A high-quality multivitamin (or prenatal if you're trying to conceive) is crucial for overall support and protection. Look for a product that offers a full spectrum of nutrients without unnecessary fillers or food dyes. For menstruating women, we recommend Metagenics Phyto-Multi with Iron, and Phyto-Multi for others. Prenatals should contain Methylfolate instead of Folic Acid. Our picks are Thorne Basic Prenatal or Metagenics Plus One Packs.



## 02. vitamin d<sub>3</sub> + k<sub>2</sub>

Vitamin D<sub>3</sub> is essential for numerous body functions, supporting immunity, mood, and inflammation. It's advisable to have your Vitamin D levels checked by a doctor, aiming for a range of 50-80. A typical starting dose is 2000IU daily, but those with lower levels might need up to 10,000IUs under medical guidance. We recommend a supplement with K<sub>2</sub> for optimal absorption and bone health. We love Quicksilver or Orthomolecular liquid.

## 03. fish oil

Omega-3 fats, vital for brain health, reducing inflammation, cholesterol and heart health, and maintaining a healthy weight, are best consumed at 1000-2000mg daily, especially if you don't eat fish. We recommend Nordic Natural and Thorne.



## 04. probiótíc

Probiotics, the "good" bacteria, are essential for gut health and also influence immunity, mood, and cravings. While fermented foods are a great source, a probiotic supplement with multiple strains and at least 30 billion CFUs, like Klaire Labs Therbiotic Complete, is also beneficial.

## 05. magnesiúm

Magnesium, a versatile mineral, is vital for bone health, mood, and sleep. For relaxation, up to 600mg of Magnesium Glycinate is recommended. If you're experiencing constipation, Magnesium Citrate can be effective due to its laxative properties. Start at 300mg/day. We recommend Pure Encapsulations.



# how to shop for supplements: quality matters + consistency counts

Ensure you purchase supplements from a trusted retailer who properly stores their products. We advise avoiding Amazon and big box stores where possible. For our patients and personal use, we prefer Fullscript, a professional-grade supplement dispensary.

Discover our favorite supplements at a 10% discount by creating an account here: *Fullscript - Indigo*

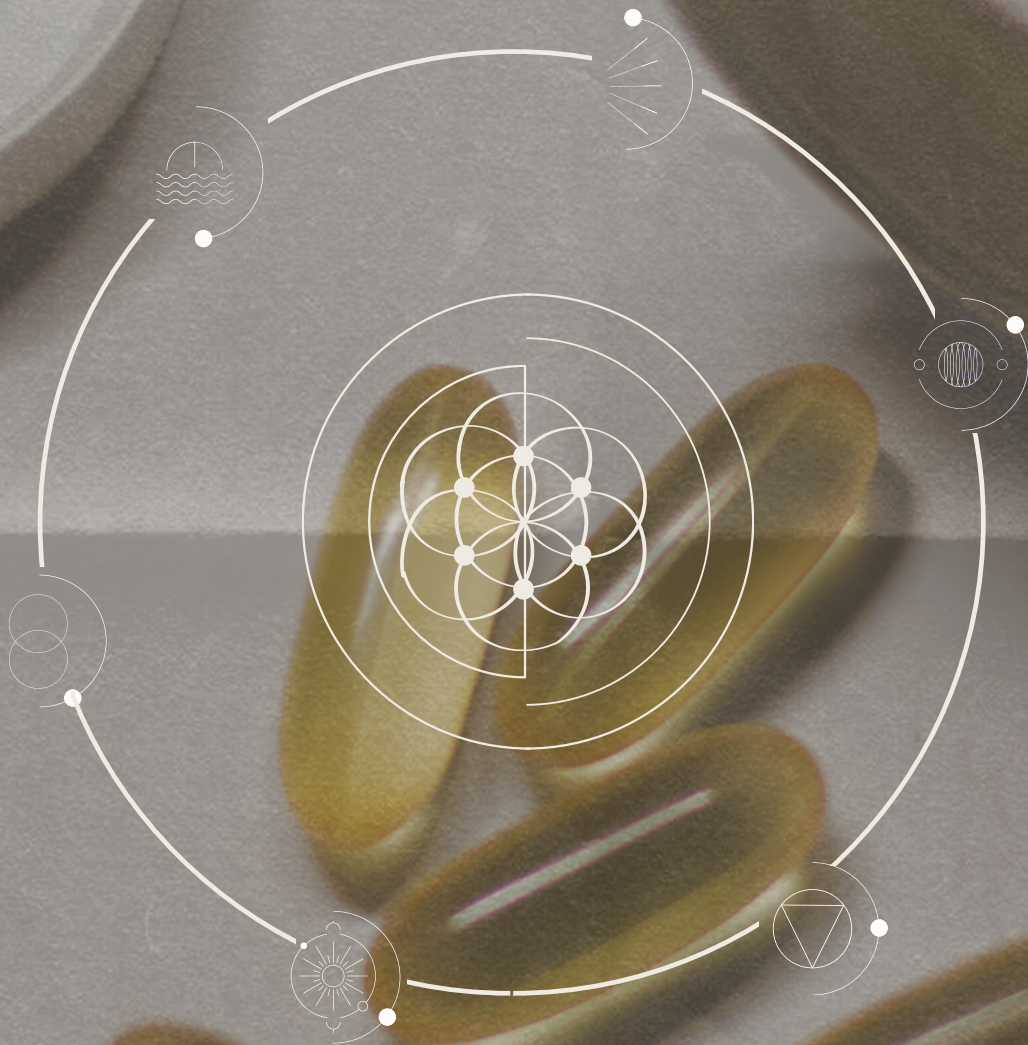
Once set up, navigate to CATALOG > FAVORITE to view our preferred products.

We also have our favorite brands of Magnesium Citrate, Glycinate, and Vitamin D at: *Indigo Wellness Group Shop*

Remember, seeing results from a new routine takes time! Establish a regimen that fits your lifestyle—the best time to take supplements is when you'll actually remember to do so. But do take them daily to see optimal results.

For any supplement queries or to set up a supplement consultation, please reach out at [hello@indigowellnessgroup.com](mailto:hello@indigowellnessgroup.com)





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