Supplements: Tracy's Top Choices

Please note that these are not explicit recommendations as to necessarily the *best* available supplement options.

Rather, these are examples of excellent products available in the current market that Tracy has used successfully in her own practice (2017).



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Typical Symptoms of Basic Insufficiency

(some gentle reminders/updates from *Labwork 101*)

- **Magnesium**: tightness/tension, headache, anxiety, constipation, GERD, muscle spasm, heart palpitation, hypertension, asthma, frequent cough, arrhythmia, insulin resistance, crave chocolate
- **Iron:** anemia, fatigue/lethargy, usually cold, poor extremity circulation, poor T4 to T3 thyroid convrsn
- **Zinc**: frequent illness, low WBC, brittle/dry hair, weak/ridged/splitting fingernails or white spots on nails, sensitivity to bright light, dry skin, poor wound healing, poor T4 to T3 thyroid convrsn
- **Copper**: leukopenia (low WBC), neutropenia (low neutrophil count), fatigue, lightheaded. Unusual in healthy diet as copper is high in most plant foods. Poor iron absorption (i.e. ongoing iron use without increase in ferritin, with no known issues with intestinal absorption). Low adrenaline production.
- **Vitamin D**: frequent illness, excessive sweating, bone tenderness, osteopenia
- **Vitamin B12**: anemia, peripheral neuropathy (esp. numbness and tingling), sluggish energy, unsteady or wide gait, elevated homocysteine/hypertension, symptoms of estrogen dominance (i.e. poor methylation), GERD/Belching post-meal, high MCV, low WBC, varicose veins
- **Potassium**: Hypertension, muscle cramp (especially “charley horse”), malaise
- **Vitamin A**: acne (esp. in low-sugar/refined carb diet), dermatitis, any eye inflammation, poor night vision, dry or scaly or itchy skin, keratosis pilaris
- **Vitamin B6**: sore/red tongue, cheilosis in corner of lips, trigger finger, carpal tunnel, elevated homocysteine/hypertension, symptoms of estrogen dominance (i.e. poor methylation), nerve pain/dysfunction, varicose veins, insomnia, low glutathione, histamine intolerance
- **Folate**: frequent illness, low WBC, high MCV, elevated homocysteine, (note that high folate can interfere with the action of Vitamin B12 and can mask/exacerbate a deficiency in it), low dopamine synthesis

Basics

- **Magnesium** glycinate (systemic use). Designs for Health's Buffered chelate.
  To stimulate bowels, Life Extension (multi-chelate but mostly large citrate/oxide).
  (Note: at least for the moment, I am no longer recommending Natural Calm or Solaray mag glycinate due to concerns about heavy metal contamination.)
- **Zinc.** Plain (for S/T loading or where copper is already dominant) or zinc/copper blend for ongoing use.
- **Vitamin B12** – methyl (or adenosyl/hydroxo for COMT/MTHFR or if methyl forms not well tolerated)
- **Omega-3s.** Trader Joe's! For price and purity.
- **B-complex.** Thorne Basic B (lower B2/B6), Jarrow B-Right, (for high dose) Swanson Activated B High Potency



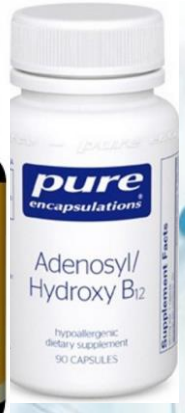












Common Protocols for Common Issues

(some gentle reminders & updates from *Nutrients/Supplements 101*)

For clients **struggling to avoid or to get over a Cold/flu (~7 days)**

- ❖ 10,000 IU Vitamin A
  (fully formed, not beta carotene)
  - 10,000 IU Vitamin D3
  - 1000-2000mg Vitamin C, twice daily
    (less if have loose stools)
  - 40-50mg zinc citrate or picolinate
  - Probiotic (AM and PM)
  - For extra support, astragalus twice daily, just 2 days a week

For **general Pain relief**

- 1000mg Meriva curcumin twice daily
- 1500-2000mg Omega-3, twice daily

For **Hypertension**

- 100mg CoQ10 twice daily,
  (ubiquinol form for those over ~30 y/o)
- 400mg potassium citrate or glycinate, 1-2/day
  (not if on potassium-sparing diuretic medication)
- 300-500mg magnesium, twice daily
- 750-1500mg Omega-3s, twice daily

For **Depression**

- 5000 IU Vitamin D
  (or as needed to raise above 50 ng/ml)
- 1500-2000mg Omega-3, twice daily
- 100% gluten elimination
- 50-100mg 5-HTP, once or twice daily (w/B6)
  (not if taking SSRI anti-depressant medications unless you are well educated on how to do so appropriately)















Special Targeted Causes (S/T use)

- **Heal gut lining** (esophagus, stomach, and/or intestinal) or intestinal permeability: Designs for Health's GI Revive (or w/o glutamine: Thorne GI Encap
- **Increase dopamine** (or withdraw from stimulants), ADD: Pure Encapsulations Dopa-Plus
- **Stop drinking alcohol every evening** (or smoke pot) to help to relax (can also be used a couple times daily for anxiety): Xymogen's Relax Max
- **Boost endemic T4 & T3** thyroid hormone synthesis: Pure Encap Thyroid Support Formula
- Reduce arthritis pain or other **systemic inflammatory pain** or **break down rogue tissue** growth (e.g. tumor, cyst, scar): Pure Encap Systemic Enzyme Formula or Enzymedica's Repair Gold (esp. muscle pain) or Biotics Intenzyme Forte
- **Break up biofilm** for stubborn resistant microbial overgrowth: Klaire Labs Interphase
- **Strongest digestive enzymes**: Thorne Dipan-9, Metagenics Azeo-Pangen ES
- **Multi-faceted digestive support** (HCl, enzymes, bile acids): Thorne Biogest, Integrative Therapeutics PanPlex-2, NOW Super Enzymes.
- **Reducing LDL cholesterol** through increased gut binding/excretion: Pure Encap CholestePure









Longer-Term Needs

- **Rebuild bone density from osteoporosis or severe osteopenia:** Garden of Life Grow Bone
- **Well absorbed glutathione support**: Designs for Health S-Acetyl Glutathione (incl. B6 & Nac)
- **Boosting adaptogen blend**: Gaia Herbs Energy-Vitality
- **Suppressive adaptogen blend**: Gaia Herbs Adrenal Health
- **Multivitamin for insulin resistance or T2D:** Designs for Health's Metabolic Synergy
- **Multivitamin for the average adult**: Metagenics PhytoMulti
- **Memory/Cognition support**: Thorne MemorActiv or Xymogen MemorAll
- **Preventing UTIs:** Solaray D-Mannose with CranActiv
- **To stop diarrhea in its tracks:** Dr. Schulze Intestinal Formula #2
- **Reduced gas/bloating** specifically from eating crucifers or legumes: Renew Life's Gas Stop
- **Unexpected, occasional acid reflux** or acid indigestion: ¼ tsp baking soda in ¼ cup water.

