

Mag 5 (Multi-Type Magnesium Supplement)

Summary: A capsule containing 5 bioavailable forms of magnesium, designed to support multiple body systems with minimal digestive upset.

Common Forms Included: Glycinate calms, Malate energizes, Citrate cleanses, Taurate protects your heart, and Orotate repairs

Benefits:

- Eases tension, anxiety, and irritability
- Relaxes muscles and calms restless legs
- Supports heart rhythm and healthy blood pressure
- Encourages restful sleep
- Aids in bowel regularity and hormone balance

When to Take: Once daily, **in the evening**, with or without food.

Should You Take More? If you're sleeping well, digesting comfortably, and not experiencing muscle cramps or irritability, 1 capsule may be perfect. If you notice tension, poor sleep, or irregularity, consider gradually increasing to 2–3 capsules (evenly spaced throughout the day), watching for loose stools as a sign to reduce.

Evening Primrose Oil

Summary: A rich source of GLA (gamma-linolenic acid), a fatty acid that nourishes skin and supports hormone balance.

Benefits:

- Eases PMS, menopause, and cyclical breast tenderness
- Calms eczema and dry skin
- May support fertility and reproductive health

When to Take: 1 capsule **morning or evening**, with food. Can be taken 2x/day for extra skin or hormone support.

Urolithin A+ (MitoPure)

Summary: A powerful postbiotic that rejuvenates mitochondria and supports aging cells by encouraging **mitophagy** (cell cleanup).

Benefits:

- Boosts energy and stamina
- Improves muscle strength, even without exercise

- Supports brain and metabolic health

When to Take: 1 scoop or capsule **in the morning**, with food (fat helps absorption). I do a spoon of coconut oil or eat an avocado with it.

Vitamin D3 + K2

Summary: Essential nutrients that work together to absorb calcium into bones and **keep it out of arteries.**

Benefits:

- Builds strong bones and teeth
- Supports immunity and mood
- Protects arteries from calcification

When to Take: 1 softgel **in the morning**, with your first meal (especially with fat like avocado, eggs, etc.).

Pumpkin Seed Oil Capsules

Summary: A nutrient-rich oil with zinc, omega-6s, and phytosterols, great for bladder and prostate health.

Benefits:

- Improves bladder control (especially at night)
- Supports prostate and urinary health
- May help with hair growth and skin hydration

When to Take: 1 capsule **midday or evening**, with food.

Oregano Oil Capsules

Summary: A natural herbal antibiotic containing carvacrol and thymol, used short-term for gut and immune support.

Benefits:

- Fights bacteria, viruses, and parasites
- Supports digestion and candida control
- Aids in respiratory health

When to Take: 1 capsule **midday**, with food (take for 2 weeks, then break for 1 week).

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