Supplement Guide

Holistic approach combining supplements and natural plant-based support

This is list of **common ailments and conditions** along with **supplements and herbs and spices** that are often used to support or manage them. You should always check with your medical professional before taking supplements especially if you are already taking other medication.

Brain Health & Cognitive Function

Condition	Supplements	Herbs & Spices
Memory loss, brain fog, aging brain	Ginkgo biloba, Bacopa monnieri, Omega-3, Phosphatidylserine, Lion's Mane	Sage, Turmeric (curcumin), Rosemary, Gotu Kola
Anxiety & stress	Magnesium, Ashwagandha, L-Theanine, Rhodiola, B- Complex	Chamomile, Lavender, Lemon balm, Passionflower, Holy Basil (Tulsi)
Depression support	Omega-3, SAM-e, Vitamin D, St. John's Wort, 5-HTP	Turmeric, Saffron, Rhodiola, Lemon balm

Heart Health

Condition	Supplements	Herbs & Spices
High blood pressure	Magnesium, CoQ10, Garlic extract, Omega-3,	Garlic, Cinnamon, Hibiscus, Celery seed
High cholesterol	Red yeast rice, Niacin, Plant sterols, Omega-3	Fenugreek, Artichoke leaf, Turmeric, Ginger
Poor circulation	Ginkgo biloba, L-Arginine, Pycnogenol, Beetroot	Cayenne pepper, Ginger, Garlic, Turmeric

Sone & Joint Health

Condition	Supplements	Herbs & Spices
Osteoporosis / bone loss	Calcium, Vitamin D3, Vitamin K2, Magnesium	Nettle leaf, Horsetail, Alfalfa, Turmeric
Joint pain / arthritis	Glucosamine, Chondroitin, MSM, Turmeric, Boswellia	Turmeric, Ginger, Devil's claw, White willow bark

Namune Support

Condition	Supplements	Herbs & Spices
Frequent colds/flus	Vitamin C, Zinc, Elderberry, Echinacea, Vitamin D3	Echinacea, Elderflower, Ginger, Garlic, Astragalus
Autoimmune support	Omega-3, Curcumin, Probiotics, Vitamin D, L- Glutamine	Turmeric, Reishi mushroom, Ashwagandha, Holy Basil

Digestive Health

Condition	Supplements	Herbs & Spices
IBS / bloating / gas	Peppermint oil, Probiotics, Digestive enzymes, Slippery elm	Peppermint, Fennel, Ginger, Chamomile, Caraway
Constipation	Magnesium citrate, Psyllium husk, Aloe vera, Triphala	Senna, Licorice root, Ginger, Cascara sagrada
Acid reflux / GERD	DGL licorice, Aloe vera, Marshmallow root, Zinc carnosine	Slippery elm, Marshmallow root, Licorice root, Chamomile

☆ Inflammation & Pain

Condition	Supplements	Herbs & Spices
Chronic inflammation	Curcumin, Omega-3, Ginger, Boswellia, Alpha-lipoic acid	Turmeric, Ginger, Clove, Cinnamon, Boswellia
Fibromyalgia	Magnesium, CoQ10, Acetyl- L-Carnitine, Vitamin D	Turmeric, Ashwagandha, Rhodiola, Valerian

峰 🛭 Hair, Skin & Nails

Condition	Supplements	Herbs & Spices
Hair loss / brittle nails	Biotin, Silica, Collagen, Zinc, Saw Palmetto	Horsetail, Nettle, Rosemary (topical), Amla
Skin aging / dryness	Vitamin E, Vitamin C, Hyaluronic acid, Omega-3	Turmeric, Calendula, Gotu Kola, Burdock root

<u>► Sleep Issues</u>

Condition	Supplements	Herbs & Spices
Trouble falling/staying asleep	Melatonin, Magnesium, Valerian, L-Theanine, Glycine	Valerian, Chamomile, Passionflower, Lavender, Lemon balm

🔥 Blood Sugar & Metabolic Health

Condition	Supplements	Herbs & Spices
Type 2 Diabetes / insulin resistance	Chromium, Berberine, Alpha-lipoic acid, Cinnamon extract, Magnesium	Cinnamon, Fenugreek, Gymnema sylvestre, Bitter melon, Turmeric

Weight Management

Condition	Supplements	Herbs & Spices
Fat metabolism / appetite control	Green tea extract, CLA, Glucomannan, Garcinia, Chromium	Cayenne, Ginger, Green tea, Dandelion, Fennel seed

🔅 Women's Health

Condition	Supplements	Herbs & Spices
PMS / menstrual cramps	Magnesium, Vitex, B6, Evening Primrose Oil	Chasteberry (Vitex), Dong Quai, Cramp bark, Raspberry leaf
Menopause	Black cohosh, Red clover, Soy isoflavones, Vitamin E, Maca	Sage, Shatavari, Licorice root, Black cohosh

Men's Health

Condition	Supplements	Herbs & Spices
Prostate health	Saw Palmetto, Zinc, Beta- sitosterol, Lycopene	Saw Palmetto, Nettle root, Pygeum, Pumpkin seed
Testosterone support	D-Aspartic Acid, Zinc, Vitamin D, Fenugreek, Ashwagandha	Tongkat Ali, Tribulus terrestris, Maca, Ginseng

Liver Support & Detox

Condition	Supplements	Herbs & Spices
Liver detoxification / support	Milk thistle, NAC, Alpha- lipoic acid, Dandelion root, Artichoke extract	Milk thistle, Dandelion root, Burdock root, Schisandra, Turmeric

